

# **Summer Vegetable Sauté**

From the Seattle & King County Public Health Cookbook:

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/SummerVegetableSaute.aspx>

## **Ingredients**

- 1 large onion, very finely chopped
- 1 Tbs. vegetable oil
- 1 ½ cups corn kernels, fresh or frozen
- 1 pound zucchini, chopped
- 1 28-oz. can plum or Roma tomatoes, crushed or chopped
- 1 15-oz. can kidney beans or black beans
- 1 tsp. oregano
- Pinch of black pepper

## **Instructions**

1. In large skillet, sauté onion in vegetable oil.
2. Add corn, zucchini, tomatoes, beans, oregano, and pepper. Toss gently to combine. Cover the skillet, and cook over low heat for 15 minutes, stirring occasionally.

*Serving suggestion: serve over whole grain pasta or pilaf.*

*Makes 4 servings*

## **Nutrition information per serving:**

Calories	261
Protein	11 g
Carbohydrate	49 g
Dietary Fiber	12 g
Total Fat	5 g
Sodium	807 mg
Vitamin A	30% DV
Vitamin C	65% DV
Iron	20% DV

