

Fall 2001 Recipes

Side Dishes

Bean and Vegetable Sauté

Serves 4

Provides 3 vegetable servings per person

- 1 teaspoon olive oil
- 1 1/2 cups chopped onion
- 3 cloves garlic
- 1 1-pound package frozen mixed vegetables (3 cups)
- 1 tablespoon curry powder, chili powder, or Italian herbs
- 1 cup low-sodium chicken or vegetable broth
- 1 15-ounce can reduced-sodium beans of your choice, drained and rinsed (1 1/2 cups)
- 1 teaspoon cornstarch mixed with 1 tablespoon water (slurry)

Toppings

- 4 tablespoons currants with the curry, or 4 tablespoons chopped cilantro with the chili powder, or 4 tablespoons grated Parmesan cheese with the Italian herbs

1. Heat the oil in a high-sided skillet on medium high. Sauté the onion 3 minutes then add the garlic and continue cooking

2 minutes more. Add the frozen vegetables, seasoning, broth, and beans.

2. Bring to a boil, reduce the heat and simmer 5 minutes. Stir in the slurry and cook 30 seconds. Serve topped with the garnish of your choice. A slice of whole grain bread will complete a hearty lunch.

Nutritional Analysis

Per Serving:

205 calories

3 g fat

14% calories from fat

1 g saturated fat

4% calories from saturated fat

32 g carbohydrates

475 mg sodium

10 g dietary fiber