

5 A Day Recipes

Main Courses

Five-Minute Bean and Vegetable Sauté

Serves 4

This nutritious and tasty entrée is perfect when you need to prepare dinner in a hurry. Start to finish, it should take about 5 minutes. When you are shopping, stock up on canned beans that are low in sodium with no added fat.

- 1 teaspoon oil
- 2 15-ounce cans low-sodium, no fat added
- ½ teaspoon dried summer or winter savory or chili powder
- ½ teaspoon freshly grated pepper
- 2 cups fresh or frozen vegetables, any variety, diced
- beans, any variety
- ¼ teaspoon salt
- 2 diced plum tomatoes

Drain and rinse beans. Heat oil in sauté pan. Add vegetables and sauté until just tender. Add beans to vegetables. Toss in savory (or chili powder). Season with salt and pepper and heat through. Add tomatoes just before serving.

This is an official 5 A Day recipe, and provides four people with three servings of vegetables each.