

Farm Market Recipe



Braised Green Beans & Summer Vegetables

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 small onion, halved and sliced
- 1 tablespoon finely chopped fresh oregano , or 1 teaspoon dried
- ½ cup white wine , or reduced-sodium chicken broth
- 1 pound green beans, trimmed
- 1 medium summer squash, or zucchini, halved and cut into 1-inch pieces
- 1 cup halved cherry tomatoes, or grape tomatoes
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ cup finely shredded Parmesan cheese

Directions:

Heat oil in a large skillet over medium heat. Add onion and oregano and cook, stirring, until softened and beginning to brown, about 2 minutes. Add wine (or broth) and bring to a boil. Add green beans, reduce heat to a simmer, cover and cook for 10 minutes, stirring once or twice. Add summer squash (or zucchini) and tomatoes and continue cooking until the vegetables are tender, 8 to 10 minutes more. Season with salt and pepper. Serve sprinkled with Parmesan.

Nutrition Facts:

Servings: 6 Serving Size: 1 cup

Per Serving: calories 92; carbohydrates 10g; dietary fiber 3g; total sugars 3g; protein 4g; total fat 4g; saturated fat 1g; cholesterol 2mg; vitamin A 834IU; vitamin C 18mg; folate 40mcg; sodium 158mg; calcium 90mg; iron 1mg; magnesium 27mg; potassium 291mg.

Recipe from Eatingwell