



Summer Squash and White Bean Sauté

Bountiful summer vegetables—zucchini, summer squash, fresh tomatoes—are quickly sautéed with protein-rich white beans and topped with Parmesan for a hearty dish. This sauté is endlessly versatile and works well with eggplant, peppers or corn. Serve with: Brown rice or bulgur.

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, halved and sliced
- 2 cloves garlic, minced
- 1 medium zucchini, halved lengthwise and sliced
- 1 medium yellow summer squash, halved lengthwise and sliced
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 15- or 19-ounce can cannellini or Great Northern beans, rinsed.
- 2 medium tomatoes, chopped
- 1 tablespoon red-wine vinegar
- 1/3 cup finely shredded Parmesan cheese

Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until beginning to soften, about 3 minutes. Add zucchini, summer squash, oregano, salt and pepper and stir to combine. Reduce heat to low, cover and cook, stirring once, until the vegetables are tender-crisp, 3 to 5 minutes.

Stir in beans, tomatoes and vinegar; increase heat to medium and cook, stirring, until heated through, about 2 minutes. Remove from the heat and stir in Parmesan.

Nutritional Analysis

Calories	195
Fat	6 g
Saturated Fat	2 g
Monounsaturated Fat	4 g
Cholesterol	5 mg
Sodium	600 mg
Carbohydrates	25 g
Fiber	8 g
Protein	11 g
Potassium	726 mg

Diabetic Exchanges:

1 starch, 2 vegetable, 1 plant-based protein, 1 fat