Braised Green Beans & Summer Vegetables

Recipe via EatingWell Test Kitchen

When green beans, summer squash and cherry tomatoes are plentiful in backyard gardens and farmers' markets, try this quick braise. We like the salty, nutty flavor of Parmesan, but you can use any flavorful cheese.

INGREDIENTS

- 1 Tbs olive oil
- 1 small onion, halved and sliced
- 1 tsp. dried oregano
- ½ cup white wine, or reduced-sodium chicken broth
- 1 pound green beans, trimmed
- 1 medium summer squash or zucchini
- 1 cup halved cherry tomatoes
- ¼ tsp salt
- ¼ tsp pepper
- ¼ cup Parmesan cheese, grated

DIRECTIONS

1. 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.
2. Add wine (or broth) and bring to a boil.
3. Add green beans, reduce heat to a simmer, cover and cook for 10 minutes, stirring once or twice.
4. Add summer squash (or zucchini) and tomatoes and continue cooking until the vegetables are tender, 8 to 10 minutes more.
5. Season with salt and pepper.
NUTRITION

- Serving size: about 1 cup
- Per serving: 92 calories; 4 g fat (1 g sat); 3 g fiber; 10 g carbohydrates; 3 g protein; 40 mcg folate; 2 mg cholesterol; 3 g sugars; 0 g added sugars; 834 IU vitamin A; 17 mg vitamin C; 90 mg calcium; 1 mg iron; 158 mg sodium; 291 mg potassium
- Nutrition Bonus: Vitamin C (28% daily value)