

## Italian Style Vegetables

### Ingredients:

1/2 pound green beans  
 1 tablespoon olive oil  
 1 medium onion  
 2 small zucchini  
 1/2 small cabbage  
 15 ounces corn kernels  
 1/4 teaspoon garlic powder  
 1/2 teaspoon oregano  
 1 tomatoes

### Equipment:

Cutting board & Knife  
 Grater  
 Non stick skillet  
 Spatula  
 Measuring cups  
 Measuring spoons

Number of Servings: 8  
 Prep Time: 20 minutes  
 Total time: 20 minutes

### Directions

1. Wash green beans to remove dirt. Snap off ends and remove stringy parts. Break into bite size pieces. Set aside.
2. Cut the ends off of the onion and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side down. Slice across the onion, keeping it together. Turn and slice again to make dice. Set aside. Wash zucchini and place on cutting board. Cut off ends. Cut in half lengthwise, and lay flat on cutting board. Cut each half in half again. Cut into bite size pieces.
3. Remove outer leaves of cabbage that are wilted or dirty, and wash under cool water. Cut in half, through the core. Save one half for other uses. Lay the half on the flat side, and cut in half again, through the core. Lay the quarter on a flat side and cut out the white core center. Slice thin layers of cabbage off the quarter until all cut up. Cut up the remaining quarter the same way.
4. Open canned corn and pour into colander. Rinse under cool water to remove sodium. Set aside to drain.
5. Heat oil in skillet; cook green beans over medium heat until tender. Add onion and cook until translucent. Add zucchini, cabbage, corn, garlic and oregano. Cook over medium heat for 5 to 7 minutes or until tender.
6. While vegetables are cooking, slice tomato in half. Remove the core. Turn tomato on its side and slice into 1/4 slices. Take half the slices and cut them across, turn and across again to get diced tomatoes. Repeat for other half. Add chopped tomatoes at the last minute of cooking. Stir occasionally. Serve immediately.

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### Nutrition Facts

Serving Size: 1 cup	
Servings: 8	
<b>Amount Per Serving</b>	
<b>Calories 84</b>	<b>Calories from Fat 18</b>
	<b>%Daily Value*</b>
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat trace 1g 1%	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 8mg</b>	<b>0%</b>
<b>Total Carbohydrate 16g</b>	<b>5%</b>
Dietary Fiber 3g 13%	
<b>Protein 3g</b>	<b>6%</b>
Vitamin A 9%	Vitamin C 26%
Iron 5%	Calcium 3%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

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