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

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.