



# Braised Summer Vegetables



## Braised Summer Vegetables

Serves 6

### Ingredients:

1 small onion, sliced  
1 tablespoon olive oil  
1 tablespoon finely chopped fresh oregano or 1 tsp dried  
½ cup white wine or reduced sodium vegetable broth  
1 pound green beans, trimmed and cut into 1- inch pieces

1 medium summer squash or zucchini, halved and cut into 1- inch pieces  
1 cup cherry or grape tomatoes, halved salt and pepper to taste  
¼ cup finely shredded Parmesan cheese  
1 small eggplant, halved and cut into 1- inch pieces

**Directions:** Add onion, oil and oregano to a large skillet and cook until softened, stirring often, about 2 minutes. Add wine (or broth) and bring to a boil. Add green beans, reduce heat to a simmer, cover and cook for about 8 minutes, stirring occasionally. Add summer squash (or zucchini), eggplant and tomatoes and continue cooking until the vegetables are tender, 8-10 minutes. Season with salt and pepper and add the Parmesan cheese. Serve.



### Nutrition Information

Serving size: 1 cup  
Calories 92; Fat 2g  
(Sat 1g); Protein 3g;  
Sodium 158mg; Fiber 3g;  
Carbohydrate 10g

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GEORGIA  
**SHAPE**

SUMMER / SPRING  
Recipe Series