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RECIPE FROM
EatingWell®

Summer Squash & White Bean Sauté

☒ Heart Health

☒ Diabetes Friendly

☒ Weight Loss

☒ Gluten Free



13GE20353HBBR-P

Summer Squash & White Bean Sauté

Makes: 4 servings, about 1¼ cups each

Active time: 30 minutes | **Total:** 30 minutes

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. Double it and toss the leftovers with bowtie pasta for lunch the next day.

- 1 tablespoon Market District 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 Nature's Basket fresh oregano or 1 teaspoon dried
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 15- or 19-ounce can cannellini beans or Giant Eagle great northern beans, rinsed
- 2 medium tomatoes, chopped
- 1 tablespoon red-wine vinegar
- ⅓ cup finely shredded Parmesan cheese

1. 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.

2. 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.

Per serving: 195 calories; 6 g fat (2 g sat, 4 g mono); 5 mg cholesterol; 25 g carbohydrate; 0 g added sugars; 11 g protein; 8 g fiber; 599 mg sodium; 726 mg potassium.

Nutrition bonus: Vitamin C (50% daily value), Potassium (21% dv), Folate (20% dv), Calcium, Magnesium & Vitamin A (16% dv).

Carbohydrate servings: 1

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

Recipes tagged **Heart Health** meet a defined threshold for saturated fat. Recipes tagged **Weight Loss** meet defined thresholds for calories and saturated fat. Recipes tagged **Gluten Free** do not contain wheat, rye, barley or oats; if the recipe calls for processed foods, carefully read the labels to make sure they don't contain hidden sources of gluten.