

Herbed Vegetables

Yield: 6 servings

Ingredients

- 1 can vegetables (any combination green or yellow beans, carrots, corn, mixed, etc.) (16 ounce)
- 1/4 cup onion (chopped)
- 1/2 teaspoon Italian herbs, basil or rosemary (dried, crushed)
- 1 tablespoon margarine or butter

Instructions

1. Drain vegetables, saving 2 Tablespoons liquid.
2. Cook onion, herbs, and garlic in the margarine/butter in a small saucepan until onion is tender.
3. Stir in the vegetables and liquid.
4. Cook and stir until heated through.

Notes

May use "no salt added" canned vegetables for less sodium.

May use margarine or vegetable oil spreads in place of butter.

May use Italian herbs in place of dried basil and rosemary.



Nutrition Facts

Serving Size 1/6 of recipe (85g)
Servings Per Container 6

Amount Per Serving

Calories 60 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 2g

Vitamin A 180% • Vitamin C 8%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source

Ohio State University
Cooperative Extension, Quick
and Healthy Meals
Tips and Tools for Planning
Meals for Your Family
Cuyahoga County

Cost

Per recipe: \$1.24
Per serving: \$0.21