

Herbed Vegetables

Makes: 6 servings

Ingredients

2 cups vegetables (any combination green or yellow beans, carrots, corn, mixed, etc.) (16 ounce can)

1/4 cup onion (chopped)

1/2 teaspoon Italian herbs, basil or rosemary (dried, crushed)

1 tablespoon margarine or butter

Directions

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.

Source: Ohio State University Cooperative Extension, Quick and Easy Recipes for Your Family Cuyahoga County

Nutrition Information

Nutrients	Amount
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Calories	53
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Total Fat	2 g
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Saturated Fat	0 g
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Cholesterol	0 mg
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Sodium	273 mg
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Total Carbohydrate	7 g
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Dietary Fiber	2 g
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Total Sugars	2 g
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Added Sugars included	0 g
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Protein	2 g
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Vitamin D	0 IU
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Calcium	23 mg
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Iron	1 g
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Potassium	211 mg
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N/A - data is not available

MyPlate Food Groups

 Vegetables	1/2 cup
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