

VYP

Vary Your Protein Recipe Series

Recipe Category: Hot Main Dish

Ten-minute Colorful Bean and Vegetable Skillet

Yield: 1 serving, about 1 1/2 cups

- 1/4 cup chopped onion
- 1/4 cup chopped red sweet bell pepper, if available
- 1/4 cup canned diced tomatoes, not drained
- 1/2 cup cooked dry beans, any kind (such as kidney, pinto, black, chickpeas, black-eyed peas or great northern), cooked without salt, rinsed and drained
- 1 tablespoon dry roasted peanuts, slivered almonds or any other kind of nut, preferably not salted
- 1/3 cup sweet corn kernels, frozen or fresh
- 1 cup chopped fresh or frozen spinach or collard leaves or other greens
- 1 tablespoon grated Parmesan cheese

1. Wash your hands and work area.
2. Spray a skillet with non-stick cooking spray.
3. Over medium to low heat, add chopped onion. Cook for a few minutes, until softened. Stir occasionally.
4. Stir in chopped red pepper. Cook for one minute longer.
5. Stir in tomatoes, beans, nuts and corn. Cook for 2 to 3 minutes, until warm. Stir occasionally.
6. Stir in greens. Cook for several minutes, until wilted and warm. Stir occasionally.
7. Remove from heat.
8. Serve topped with grated cheese.
9. Cover and refrigerate leftovers within two hours.



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Meal suggestion:

Serve with a peach, whole grain muffin or bagel, and low-fat milk.

This hot main dish is very low in cholesterol yet is an excellent source of vitamins A and C, dietary fiber, and iron, and a good source of calcium.

Nutrition Facts

Serving Size 1 1/2 cups (277g)
Servings Per Container 1

Amount Per Serving

Calories 260 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 250mg **10%**

Total Carbohydrate 38g **13%**

Dietary Fiber 9g **36%**

Sugars 6g

Protein 15g

Vitamin A 60% • Vitamin C 35%

Calcium 15% • Iron 20%

*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

2 1/2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.