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Company Rice with Beans

Odd name for a recipe but it is quick, easy, and delicious! A great way to enjoy wonderful summer vegetables. Serve it hot or cold- by itself, with rice, or an ear of corn. Make a double recipe and have some for lunch or leftovers another night.

1 tablespoon olive or canola oil
1 medium onion, coarsely chopped
2 cloves garlic, crushed or finely minced
2 medium tomatoes, diced (or 1 15-ounce can no salt diced tomatoes, undrained)
1 medium zucchini or summer squash (about ½ pound), coarsely chopped
½ teaspoon oregano
1 15 or 16-ounce can low sodium beans, drained and rinsed (kidney, garbanzo, black, etc- I always use kidney)
Salt, if desired, to taste
Freshly ground black pepper to taste
Grated cheese- like low fat cheddar
Cooked rice

1. Heat the oil in a large skillet over medium heat; add the onion and sauté until soft. Add the garlic and sauté for a minute.
2. Add the tomatoes, zucchini, oregano, and beans. Cover the skillet and simmer the mixture about 5-10 minutes or until the vegetables are tender crisp.
3. Season with salt, if desired, and pepper.
4. Serve by itself or over hot rice and sprinkle with a little cheese, if desired.

From Jane Brody's Good Food Book, 1985.