

Summer Vegetable Sauté – Vegan

Prep Time: 30 minutes
Total Time: 30 minutes

Serving Size: 6
Calories per serving: 182
Fat per serving: 1 gram

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Ingredients

- 4 large garlic cloves, diced
- 1 cup + 1 tablespoon vegetable stock
- 2 cups chopped zucchini
- 4 cups finely chopped kale
- 2 cups cooked cannellini beans
- 3 medium tomatoes, chopped
- 3 tablespoons basil, thinly sliced
- Salt and pepper to taste

Instructions

1. Sauté garlic in 1 tablespoon vegetable stock for 2 minutes.
2. Add zucchini, kale, cannellini beans and 1 cup stock and cook, stirring often, for about 10 minutes.
3. Add tomatoes and cook for 10 more minutes. Remove from heat, stir in basil and add salt and pepper to taste.
4. Serve over pasta, grains or potatoes.

Notes

Nutrition facts (per serving): Calories: 182, from fat: 0, total fat: 1g, cholesterol: 0mg, sodium: 130mg, total carbohydrate: 34g, fiber: 11g, sugar: 1g, protein: 13g.