

## Ingredients:

#### 2 tablespoons Olive oil 1 large Onion, diced 2 large Carrots, sliced Zucchini, sliced 2 large 4 cloves Garlic, minced Swiss Chard or other greens, chopped 4 cups ¼ cup Water 2-15 ounce cans Cannellini or white beans **Diced tomatoes** 1-15 ounce can 2 teaspoons Sage 2 Bay leaves Parmesan Cheese 4 tablespoons Salt and pepper to taste

# 2016 Recipe Challenge Winner! Veggie Cassoulet

## **Nutrition Facts**

Serving Size 1.5 cups (364 g) Servings Per Container 6

Amount Per Serving			
Calories 280	С	alories from	Fat 60
		% Daily	Value*
Total Fat 6g			10%
Saturated Fat 1.5	5g		7%
Trans Fat 0g			
Cholesterol 5mg	g		1%
Sodium 150mg			6%
<b>Total Carbohyc</b>	lra	<b>te</b> 44g	15%
Dietary Fiber 11g	9		42%
Sugars 7g			
Protein 15g			
Vitamin A 1000/		Vitamin O	500/
Vitamin A 180%	•	Vitamin C	50%
Calcium 20%	•	Iron 30%	
* Percent Daily Values are b	ased	d on a 2,000 calorie	diet.

### Instructions:

- 1. Preheat oven to 400 degrees.
- 2. Add olive oil to large pan and heat over medium heat.
- 3. Add and sauté onions, carrots, zucchini, and garlic until soft. Add salt and pepper to taste.
- 4. Add Swiss chard with ¼ cup water and cover. Cook greens until wilted.
- 5. Add diced tomatoes, beans (with liquid), sage, and bay leaves and stir. Let simmer for 5 minutes.
- 6. Remove bay leaves and transfer mixture to oven safe pan. Cover with foil and cook for 10 minutes.
- 7. Uncover, sprinkle cheese over top and cook uncovered for 20 minutes until cheese is brown.
- 8. Remove from oven and let cool for 5-10 minutes, then serve.

Chef notes: Serve with warm crusty bread.

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**Disclaimer:** Nutritional values are an estimate utilizing the NutritionistPro software. Cost is estimated based on current food costs.





