

# MAINE



## SNAP-Ed

Healthy Eating on a Budget

## 2016 Recipe Challenge Winner! Veggie Cassoulet

### Ingredients:

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

### 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.

### Nutrition Facts

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

#### Amount Per Serving

**Calories** 280      **Calories from Fat** 60

**% Daily Value\***

**Total Fat** 6g      **10%**

Saturated Fat 1.5g      **7%**

*Trans*Fat 0g

**Cholesterol** 5mg      **1%**

**Sodium** 150mg      **6%**

**Total Carbohydrate** 44g      **15%**

Dietary Fiber 11g      **42%**

Sugars 7g

**Protein** 15g

Vitamin A 180%      .      Vitamin C 50%

Calcium 20%      .      Iron 30%

\* Percent Daily Values are based on a 2,000 calorie diet.

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