

3 SISTERS SAUTÉ



The perfect way to enjoy the season's bounty, enjoy this sauté as a light meal or as a flavorful addition to your quesadilla or scrambled eggs. Leftovers can even be used to make a hearty stew (see tip below). **Rich in fiber and plant-based protein, this dish will help keep blood sugars steady until your next meal.**

INGREDIENTS

Serves 6 (1 cup each)

- 1 red onion, small dice 🌱
- 3 cloves garlic, minced 🌱
- 1 small, peeled butternut squash, small dice (or 10 oz. bag of fresh or frozen, pre-chopped) 🌱
- 1 poblano or green bell pepper, diced 🌱
- 4 ears of fresh corn, kernels removed (or 1, 16 oz. bag frozen corn or 1, 15 oz. can of no-salt-added corn, drained) 🌱
- 1, 15 oz. can no-salt-added or low-sodium black beans, drained and rinsed
- 2 tablespoons canola oil
- 2-3 teaspoons ground cumin
- 2 teaspoons dried oregano leaves
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper

DIRECTIONS

🌱 Items are DUO-eligible for those who qualify.

1. In a large soup/stock pot, heat oil over medium heat until shimmering.
2. Add onion, garlic, squash, and pepper and sauté until onion is translucent (clear) and squash is beginning to soften.
3. Add beans, corn, cumin, oregano, salt, and pepper. Stir and cook until squash is soft.
4. Serve as a main or side dish.



TIP: For a hearty stew, combine half of the sautéed vegetables from recipe above with a can of fire roasted tomatoes, a quart of vegetable stock, 3 tablespoons chili powder, 2 tablespoons vinegar, and 2 tablespoons cornmeal (optional) and bring to a simmer for 10-15 minutes. Serve stew with cilantro, corn tortilla strips, and/or avocado.

Nutrients per serving 250 calories, 6 g total fat (1 g saturated), 43 g total carbohydrates (10 g dietary fiber), 10 g protein, 204 mg sodium, 686 mg potassium, 74 mg calcium, 97 mg magnesium





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This recipe was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

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