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.

**DIRECTIONS**

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.

**INGREDIENTS**

- 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

**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

**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.

**Items are DUO-eligible for those who qualify.**
The Double Up Oklahoma (DUO) Program provides Supplemental Nutrition Assistance Program (SNAP) beneficiaries with a $1 for $1 match, up to $20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit www.doubleupoklahoma.org to find a DUO-participating farmers market or grocery store location near you.

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.

Looking for more healthy eating resources? Scan the QR codes below with your phone’s camera for free information.

Learn Safe Knife Skills for Fruits, Vegetables, and Fresh Herbs

Explore More Family-Friendly Recipe Ideas

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