

# Italian Style Vegetables

**Makes:** 8 Servings

Low-sodium canned tomatoes are used to make this recipe. Buy canned vegetables labeled "reduced sodium," "low sodium," or "no salt added".

## Ingredients

- 1 cup** canned tomatoes, low-sodium, drained and chopped
- 2 tablespoons** vegetable oil
- 1 medium onion, sliced
- 2 small zucchinis
- 1 cup** canned green beans, low-sodium, drained
- 2 cups** canned corn, low-sodium, drained
- 1 clove** garlic, chopped or 1/4 teaspoon garlic powder
- 1/2 teaspoon** dry oregano (if you like)

## Directions

1. Heat oil in skillet; cook onion over medium heat until soft.
2. Add zucchinis, green beans, corn and garlic. If using oregano, add that too.
3. Cook over medium heat for 5 to 7 minutes or until tender. Add tomatoes in the last minute of cooking. Stir occasionally.
4. Serve immediately.
5. Refrigerate leftovers within 2 hours.