

# #QUARANTINE KITCHEN

Budget-Friendly Recipes  
Using Canned & Dry Foods

## Italian Style Vegetables (Makes about 6 servings.)

### Ingredients

- 1 c. canned tomatoes, drained and chopped
- 2 Tbsp. vegetable oil
- 1 medium onion, sliced
- 2 small zucchinis, sliced
- 1 c. canned green beans, drained
- 2 c. canned corn, drained
- 1 garlic clove, chopped or 1/4 tsp. garlic powder
- 1/2 tsp. dry oregano (optional)

### Directions:

1. Heat oil in skillet; cook onion over medium heat until soft.
2. Add zucchinis, green beans, corn, garlic, and oregano (if using).
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.

Nutrition info: Serving size: 1/2 cup, Calories: 100, Total Fat: 4 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Sodium: 140 mg, Total Carbohydrate: 15 g, Dietary Fiber: 3 g, Sugars: 3 g, Protein: 3 g. *Recipe adapted from SNAP-ED Connection Recipe Finder.*

**UofA** **DIVISION OF AGRICULTURE**  
RESEARCH & EXTENSION  
*University of Arkansas System*

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