

VEGETABLE PAELLA

NUTRITION FACTS

Serving size: 8 oz vegetables, 4 oz rice; Amount per serving: Calories 319, Protein 7.5g, Carb. 43.4g, Fiber 5.6g, Fat 13.9g, Sodium 187mg

INGREDIENTS

- 4 T olive oil, separated
- 1 medium zucchini, diced
- ½ 15 oz can artichoke hearts
- ½ c fresh green beans, snapped and halved
- 1 medium Spanish onion, diced
- 3 cloves garlic, diced
- 1 red pepper, diced
- 1 green pepper, diced
- ½ tsp ground black pepper
- 1 tsp dry oregano
- 1 tsp smoked paprika
- 1 tsp ground turmeric
- 3 plum tomatoes, diced
- ½ c white wine
- 1 c low sodium vegetable broth
- ½ c frozen lima beans
- ¾ c frozen green peas

DIRECTIONS

1. Pre-heat oven to 350 degrees.
2. Mix 2 T olive oil with zucchini and artichoke and roast for 10 minutes.
3. Bring a pot of salted water to a rolling boil; add raw trimmed green beans and cook for 2 to 3 minutes.
4. While greens beans are cooking, prepare an ice bath by filling a bowl with cold water and ice.
5. Once the green beans are done, transfer them to the ice bath for 4 to 5 minutes.
6. In a pot add 2 T olive oil and sauté onions, red and green peppers and garlic.
7. Add black pepper, oregano, paprika and turmeric to pot and cook for 1 minute.
8. Add tomatoes and white wine and cook until ½ the liquid is reduced.
9. Add vegetable broth, lima beans, green peas, roasted zucchini and artichoke and green beans.
10. Serve with yellow rice mixed with ¼ c green olives, ¼ c diced pimentos and ¼ c cilantro.

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