

• Winter Vegetable Ragout With White Beans

Ingredients

1.5 pounds butternut squash, peeled and cut into 1/4 inch cubes
2 tablespoons olive oil
1/5 tablespoons minced garlic
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 large yellow onion, chopped
1 fennel bulb, halved, cored, and cut into 1-inch pieces
1 red pepper, cut into 1/2-inch pieces
1 teaspoon ground fennel seeds
1/3 cup white wine
1.5 cups cooked navy beans
1 cup low sodium vegetable broth
1/3 cup sliced sun-dried tomatoes
1 bunch chopped kale
1 tablespoon chopped fresh oregano
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh sage

Directions

1. Preheat oven to 400 degrees F. Combine squash, 1 tablespoon olive oil, 1/2 tablespoon garlic and 1/4 teaspoon each salt and pepper in a large baking dish. Toss to coat, then roast for about 20 minutes or until tender
2. Meanwhile, heat remaining oil in a large skillet over medium heat. Add the onion and 1/4 teaspoon each salt and pepper. Sauté for 3 minutes or until onions are soft. Mix in remaining garlic and cook for 1 minute. Stir in fennel, red pepper, fennel seeds, and remaining salt. Cook for 5 minutes.
3. Pour in wine and cook for 3 minutes or until pan is nearly dry. Add beans and vegetable broth; reduce heat to medium-low. Simmer for 15 minutes or until beans begin to break down and sauce thickens.
4. Add the cooked squash, sundried tomatoes, and kale. Cook for 10 minutes, adding water as needed to keep ragout saucy.
5. Stir in oregano, thyme, and sage just before serving. Season with additional salt and pepper to taste, if needed.

Nutrition Info (1 cup)

200 calories, 5g fat (1g saturated), 36g carbs, 7g protein, 9g fiber, 168mg calcium, 4 mg iron, 760mg sodium