

Creamed Beans and Potatoes

This recipe contains more than one type of fruit or vegetable, rich in different nutrients. Try many colors and kinds.

Ingredients:

2 tablespoons **vegetable oil**
 2 tablespoons **flour**
 1/4 teaspoon **basil**
 1/4 teaspoon **rosemary**
 1/4 teaspoon **salt**
Pepper to taste
 1 cup **low-fat milk**
 2 cups frozen **green beans**
 2 cups cooked **new potatoes**
 1/2 cup sliced **mushrooms**

Directions:

1. Heat oil in a saucepan; blend in flour.
2. Slowly add basil, rosemary, salt, pepper and milk.
3. Cook and stir constantly until thickened.
4. Add beans, potatoes, and mushrooms and heat through.
5. Refrigerate leftovers within 2-3 hours.

Tips:

Nutrition Facts	
Serving Size 1/2 cup (133g)	
Servings Per Container 8	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 6g	
Vitamin A 2%	• Vitamin C 15%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: Joyce Gross, Tillamook County, OSU Extension. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>