

Succotash with Sausage

This recipe is a good source of iron, which carries oxygen in our blood.

Ingredients:

- 8 ounces **turkey kielbasa**
- 1/2 cup chopped **onion**
- 1 tablespoon **canola oil**
- 1 can **corn**, drained
- 1 can **lima beans**, drained
- 1 can **diced tomatoes in juice**

Directions:

1. Sauté kielbasa and onion in canola oil until onions are clear and soft.
2. Add corn, lima beans, and tomatoes.
3. Simmer until most of the tomato juice has evaporated.
4. Refrigerate leftovers within 2-3 hours.

Nutrition Facts

Serving Size 1 cup (262g)
Servings Per Container 6

Amount Per Serving	
Calories 210	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 980mg	41%
Total Carbohydrate 29g	10%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 12g	
Vitamin A 2%	Vitamin C 20%
Calcium 6%	Iron 10%

*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

6 servings, 1 cup each

Bright Ideas:

Source: Joyce Gross, Tillamook County, Oregon.

For more recipes and other resources on eating well for less, see our web site at: <http://www.healthyrecipes.oregonstate.edu>