



A Nutrition Resource

SUMMER ITALIAN VEGETABLES

Yield: 6 Servings | **Serving Size:** 1/2 cup

Preparation Time: 10 minutes

Cooking Time: 35 to 40 minutes

Cost/serving: \$0.80

Ingredients:

- 1 medium onion, diced
- 1/2 medium yellow squash or zucchini, chopped
- 1 tomato, chopped
- 1 green pepper, diced
- 1 (8 ounce) can tomato sauce
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 2 ounces of mozzarella cheese, shredded (1/2 cup)
- Salt and black pepper to taste

Directions:

- 1) Preheat oven to 350
- 2) Wash all vegetables
- 3) Collect, chop, shred, and measure all ingredients before starting to prepare the recipe.
- 4) Combine onion, squash, or zucchini, tomato, and green pepper in a 9 inch square baking dish.
- 5) In a small bowl, mix the tomato sauce, Italian seasoning, and garlic powder together, then pour the sauce over the vegetables.
- 6) Bake uncovered for 30 to 35 minutes until squash/zucchini is tender.
- 7) Top with cheese, and bake another 4 to 5 minutes until cheese is melted.
- 8) Remove from oven and let stand for 5 minutes before serving.
- 9) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Make it a meal by adding seasoned, cooked ground beef, chicken, or turkey

Nutrition Facts	
6 servings per container	
Serving size	1/2 Cup (136g)
Amount Per Serving	
Calories	50
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol < 5mg	2%
Sodium 230mg	10%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1mg	6%
Potassium 317mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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