



Vary Your Veggies... Focus on Fruit



EFNEP

Expanded Food and Nutrition Education Program

Summer Italian Vegetables

Makes: 6 (½ cup) servings

Oven Temperature: 350°F

Preparation Time: 10 minutes

Cooking Time: 20-30 minutes

Ingredients:

- 1 onion, chopped
- 1 squash, diced (yellow or zucchini)
- 1 tomato, diced
- 1 green pepper, chopped
- ½ teaspoon oregano
- 1 (8-ounce) can tomato sauce
- ½ cup shredded mozzarella cheese

Directions:

1. Preheat oven to 350°F.
2. Combine onion, squash, tomato and green pepper in a baking dish.
3. Sprinkle with oregano.
4. Pour the tomato sauce over the vegetables.
5. Bake uncovered at 350°F for 20-30 minutes.
6. Top with cheese and bake another 4 to 5 minutes until cheese is melted.
7. Refrigerate leftovers.

Nutrition Facts

Serving Size 1/2 Cup (131g)
Servings Per Container 6

Amount Per Serving

Calories 60 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 250mg **10%**

Total Carbohydrate 7g **2%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 4g

Shop Wise: Shred your own cheese!

Be Creative!

Try adding 1 pound of seasoned, cooked ground beef or turkey.

