



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 4-5 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 1g	

Be Creative!

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

Shop Wise: Shred your own cheese!



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