



EATING SMART
BEING ACTIVE

Summer Italian Vegetables

Makes: 6 servings (½ cup per serving)

Preparation Time: 10 minutes

Cooking Time: 25 to 35 minutes

Ingredients

- 1 medium onion, chopped
- 1 medium yellow squash or zucchini, chopped
- 1 tomato, chopped
- 1 green pepper, chopped
- 1 (8 ounce) can tomato sauce
- ½ teaspoon Italian seasoning
- 2 ounces of mozzarella cheese, shredded (½ cup shredded cheese)

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. Wash all vegetables under cold running water.
4. Collect, chop, shred, and measure all ingredients before starting to prepare the recipe.
5. Combine onion, squash or zucchini, tomato, and green pepper in a 9 inch square baking dish.
6. In a small bowl, mix the tomato sauce and Italian seasoning together, then pour the sauce over the vegetables. Bake uncovered for 20 to 30 minutes until squash/zucchini is tender.
7. Top with cheese, and bake another 4 to 5 minutes until cheese is melted.
8. 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.

Cook meat or poultry to the following internal temperatures:

Ground beef: 160° F

Ground chicken or turkey: 165° F

Nutrition Facts	
6 servings per container	
Serving size	1/2 Cup (136g)
Amount Per Serving	
Calories	50
<small>% Daily Values*</small>	
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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