



EATING SMART
BEING ACTIVE

Summer Italian Vegetables

Makes: 6 servings (½ cup per serving)

Preparation Time: 10 minutes

Cooking Time: 35 to 40 minutes

Ingredients

- 1 medium onion, diced
- 1 medium yellow squash or zucchini, chopped
- 1 tomato, chopped
- 1 green pepper, diced
- 1 (8 ounce) can tomato sauce
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- 2 ounces of mozzarella cheese, shredded (½ cup shredded)
- Salt and black pepper to taste

Directions

1. Preheat oven to 350°F.
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
<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%
<small>*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.</small>	



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Fruits and Veggies: Half Your Plate