



Cheesy Italian-Style Vegetables

Servings: 4

Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

Ingredients:

- 1 onion, chopped
- 1 summer squash, diced
- 1 tomato, diced
- 1 green pepper, chopped
- 8-ounce can Italian-seasoned tomato sauce
- ½ cup low-fat mozzarella cheese, shredded



Directions:

1. Preheat oven to 350 degrees F.
2. Wash hands and surfaces.
3. In a medium-sized baking dish, mix vegetables together. Pour tomato sauce over vegetables. Bake uncovered for 20 to 30 minutes.
4. Top with the cheese and bake another 4 to 5 minutes until cheese is lightly browned.
5. Refrigerate leftovers immediately.

Cheesy Italian-Style Vegetables

Nutrition Facts

Amount Per Serving

Calories 80

Calories from Fat 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 400mg **17%**

Total Carbohydrate 11g **4%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 6g

Vitamin A 15%

Vitamin C 80%

Calcium 25%

Iron 6%

Tips:

- Choose a tomato sauce without salt.
- Eat more than one kind of vegetable every day — different colors add variety.
- Use fresh, local veggies. Go online to find a farmers market at: agebb.missouri.edu/fmktDir/index.htm or other Missouri local foods at: foodcircles.missouri.edu/sources.htm

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/