



Summer Italian Vegetables

Servings: 6

Serving Size: 1/2 cup

Ingredients:

- 1 onion, chopped
- 1/2 teaspoon Italian seasoning
- 1 summer squash, washed and diced
- 1 (8 ounce) can tomato sauce
- 1 tomato, washed and diced
- 1/2 cup low-fat mozzarella cheese, shredded
- 1 green pepper, washed and chopped

Directions:

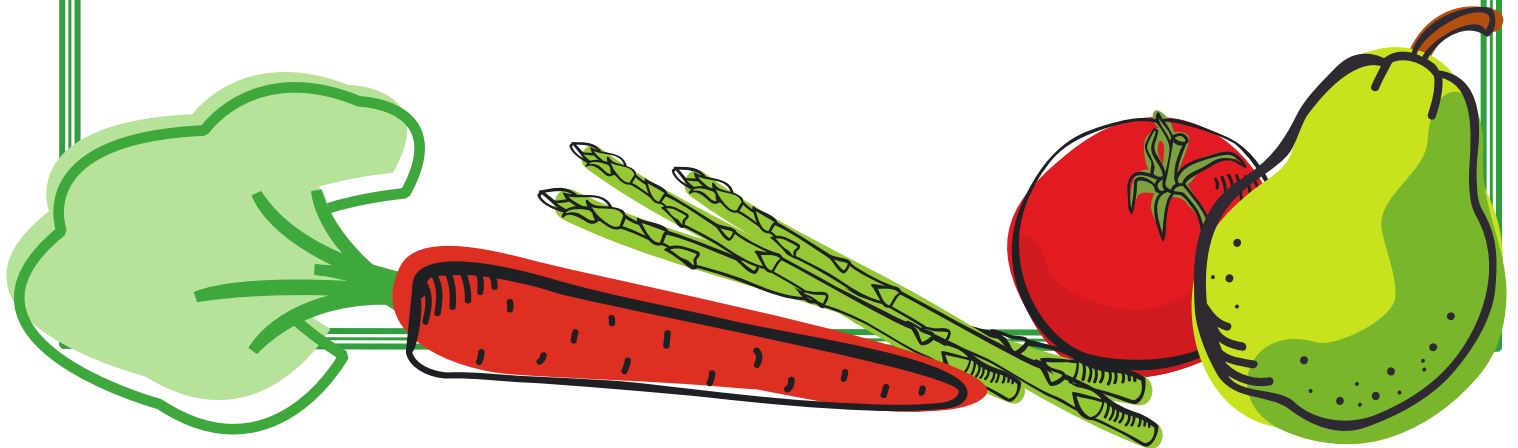
1. Preheat oven to 350 degrees.
2. Combine onion, squash, tomato, and green pepper in a baking dish.
3. Sprinkle with Italian seasoning.
4. Pour the tomato sauce over the vegetables.
5. Bake uncovered for 20-30 minutes.
6. Top with cheese and bake another 4 to 5 minutes until cheese is melted.
7. Serve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

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 45	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 70mg	3%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 4g	
Vitamin A 6%	• Vitamin C 45%
Calcium 15%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



For more recipes: www.eatsmart.umd.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about Maryland's Food Supplement Program (SNAP), contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at <https://mydhrbenefits.dhr.state.md.us/>.



UNIVERSITY OF
MARYLAND
EXTENSION
Solutions in your community