



## Summer Italian Vegetables

Serving Size: ½ cup

Yield: 6 Servings

### 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.

*Be Creative! Try adding 1 pound of seasoned, fully cooked ground turkey.*

**Nutrition Facts per Serving:** (without ground turkey) Calories, 60; Calories from fat, 20; Total fat, 2g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 5mg; Sodium, 250mg; Total Carbohydrate, 7g; Fiber, 1g; Protein, 4g.

**Source:** Eating Smart-Being Active Curriculum, USDA, Expanded Food and Nutrition Program.



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