

Italian Zucchini

Recipe Type: Side dish

Serves: 6

Prep Time: 20 minutes

Cooking Time: 35 minutes

C means cup T means tablespoon t means teaspoon oz means ounce

What you need:

- 1 onion diced
- 1 large or 2 small zucchinis diced
- 1 tomato diced
- 1 green pepper chopped
- 1 T Italian seasoning
- 1 t pepper
- 1–8 oz jar of tomato sauce
- ½ C part-skim shredded mozzarella cheese



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Heat the oven to 350°F.
3. Put all the vegetables in a baking dish.
4. Sprinkle the Italian seasoning and pepper on the veggies.
5. Pour the tomato sauce over the veggies.
6. Bake them in the oven for 25–30 minutes without covering.
7. Add the cheese on top and bake for 5 more minutes until the cheese is melted.
8. Enjoy!

Note: To make this side dish into an entree serve it over whole wheat pasta.

Contains Milk

Nutrition Facts

6 servings per container

Serving size 1 Cup (171g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 290mg 13%

Total Carbohydrate 10g 4%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 1g Added Sugars 2%

Protein 6g

Vitamin D 0mcg 0%

Calcium 176mg 15%

Iron 1mg 6%

Potassium 425mg 10%

*The % Daily Value 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.

FK= 4.5