



## Cheesy Italian-Style Vegetables

Servings: 4

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

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

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.



## Nutrition Facts

4 servings per container

**Serving size** 3/4 cup (223g)

Amount per serving

**Calories** **90**

% Daily Value\*

**Total Fat** 3.5g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 370mg 16%

**Total Carbohydrate** 11g 4%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 128mg 10%

Iron 1mg 6%

Potassium 523mg 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.

## Helpful Tips

- To reduce sodium, 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: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

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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 resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)