



Italian Vegetable Medley

Italian seasoning, which typically includes rosemary, oregano, thyme, and marjoram, adds extra flavor to this easy veggie recipe.

CACFP CREDITING INFORMATION

¼ cup provides ¼ cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonstick cooking spray		1 spray		1 spray	1 Preheat oven to 400 °F. 2 Lightly coat steam table pan with nonstick cooking spray. For 25 servings, use 1 half pan (10 ³ / ₈ " x 12 ³ / ₄ " x 4"). For 50 servings, use 1 full pan (12" x 20" x 4").
Tomatoes with juice, canned, diced	1 lb 10 oz	3 cup 2 Tbsp (¹ / ₃ No. 10 can)	3 lb 4 oz	1 qt 2 ¹ / ₄ cup (² / ₃ No. 10 can)	
*Onion, fresh, peeled, ¼" diced	8 oz	2 cup	1 lb	1 qt	3 In a large bowl combine tomatoes with juice, onions, green beans, okra, green pepper, lemon juice, Italian seasoning, and salt.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Green beans, fresh, cut, 1/2" pieces	4 oz	1 cup	8 oz	2 cup	
Okra, frozen, cut	4 oz	1 1/3 cup	8 oz	2 2/3 cup	
*Green bell pepper, fresh, 1/4" diced	4 oz	1 cup	8 oz	2 cup	
Lemon juice, fresh squeezed, seeds removed or bottled		2 Tbsp 2 tsp		1/3 cup	
Italian Seasoning, dried		2 tsp		1 Tbsp 1 tsp	
Salt, table		1 tsp		2 tsp	4 Place vegetable mixture in baking pan. Cover with foil and bake for 30 minutes.
*Zucchini, fresh, unpeeled, 1/4" diced	4 oz	1 cup	8 oz	2 cup	5 Remove from the oven and stir in zucchini and eggplant.
*Eggplant, fresh, unpeeled, 1/2" diced	4 oz	2 cup	8 oz	1 qt	6 Continue baking uncovered for 25 minutes or until vegetables are tender. Stir occasionally. Critical Control Point: Heat to 140 °F for at least 15 seconds.
Parmesan cheese, grated		1/4 cup		1/2 cup	7 Sprinkle top with Parmesan cheese.
					8 Serve 1/4 cup (No. 16 scoop). Critical Control Point: Hold at 140 °F or higher.



NUTRITION INFORMATION

For ¼ cup (No. 16 scoop).

NUTRIENTS	AMOUNT
Calories	17
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Total Fat	0 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	165 mg
Total Carbohydrate	3 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	1 g
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Vitamin D	N/A
Calcium	26 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onion	10 oz	1 lb 3 oz
Green beans	5 oz	10 oz
Bell pepper	5 oz	10 oz
Zucchini	5 oz	9 oz
Eggplant	5 oz	10 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

YIELD/VOLUME

25 Servings	50 Servings
3 lb 1 qt 2¼ cup	6 lb 3 qt ½ cup