



Italian Vegetable Medley

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

Makes: 6 servings **Prep time:** 10 minutes
Cook time: 35 minutes

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INGREDIENTS

Nonstick cooking spray

¾ cup tomatoes with juice, canned, diced

½ cup onion, fresh, peeled, ¼" diced

¼ cup green beans, fresh, cut, ½" pieces

⅓ cup okra, frozen, cut

¼ cup green bell pepper, fresh, ¼" diced

2 teaspoons lemon juice, fresh squeezed, seeds removed; *or* lemon juice, bottled

½ teaspoon Italian seasoning, dried

¼ teaspoon salt, table

¼ cup zucchini, fresh, unpeeled, ¼" diced

½ cup eggplant, fresh, unpeeled, ½" cubed

1 tablespoon Parmesan cheese, grated

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DIRECTIONS

1. Preheat oven to 400 °F.
2. Lightly coat a medium baking pan (8" x 8") with nonstick cooking spray.
3. In a medium bowl, combine tomatoes with juice, onions, green beans, okra, green pepper, lemon juice, Italian seasoning, and salt.
4. Place vegetable mixture in baking pan.
5. Cover with foil, and bake for 15 minutes.
6. Remove from the oven, and stir in zucchini and eggplant.
7. Continue baking uncovered for 20 minutes or until vegetables are tender. Stir occasionally. Heat to 145 °F for at least 15 seconds.
8. Sprinkle top with Parmesan cheese.
9. Serve ¼ cup.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For ¼ cup.

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

N/A=data not available.

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CACFP CREDITING INFORMATION

¼ cup provides ¼ cup vegetable.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

