

Italian Style Garden Vegetables

Ingredients:

- 1 small onion
- 1 medium squash
- 1 tomato
- 1 green pepper
- 1 teaspoon oregano
- 8 ounces tomato sauce
- 4 ounces part skim milk mozzarella cheese

Equipment:

- Cutting board & Knife
- Measuring Spoon
- Measuring cups
- 9 x 9 Baking dish
- Grater
- Aluminum foil

Number of Servings: 6
 Prep Time: 15 minutes
 Total time: 45 minutes

Directions

1. Preheat oven to 350°F. Use a 9 x 9 baking dish.
2. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to dish.
3. Wash squash and place on cutting board. Cut off ends. Cut in half lengthwise, and lay flat on cutting board. Cut each half in half again. Chop into bite size pieces. Add to dish
4. Wash tomato. Slice in half through the core. Using a paring knife remove core. Slice tomato into 1/2" slices keeping tomato together. Turn and dice. Repeat for other half. Add to dish.
5. Wash a green pepper and, hold it by the top with the bottom sitting on a cutting board. Slice down one side, cutting between the spines where the white membranes are. Turn the pepper to the next side, and slice off the next side between the spines. Keep turning until you have a skeleton. This piece can be thrown away. Take the sides you have created and slice them apart, then dice the slices. Add to dish.
6. Sprinkle with oregano, and pour tomato sauce on top. Cover with aluminum foil, and bake covered for 20 to 30 minutes. While vegetables are baking, shred cheese into small pieces, using a grater. Top with cheese and bake uncovered another 4 to 5 minutes until cheese is melted. Can be served over pasta, rice or potatoes.

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| Nutrition Facts | | | |
|-----------------------|-------|----------------------|-----|
| Serving Size: 3/4 cup | | | |
| Servings: 6 | | | |
| Amount Per Serving | | Calories from Fat 36 | |
| Calories 88 | | | |
| | | %Daily Value* | |
| Total Fat | 4g | 5% | |
| Saturated Fat | 2g | 10% | |
| Cholesterol | 10mg | 3% | |
| Sodium | 332mg | 14% | |
| Total Carbohydrate | 9g | 3% | |
| Dietary Fiber | 2g | 8% | |
| Protein | 7g | 13% | |
| Vitamin A | 16% | Vitamin C | 50% |
| Iron | 5% | Calcium | 16% |

*Percent Daily Values are based on a 2,000 calorie diet.

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