

# Eat Smart • Move More

## Tomato Squash and Onion Casserole

Prep Time: 25 minutes

Total Time: 1 hour



### Ingredients

- 2 teaspoons olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- Nonstick cooking spray
- 3 tomatoes, sliced
- 2 summer squash, sliced
- 1 tablespoon fresh thyme
- ½ teaspoon ground black pepper

### Nutrition Facts

8 servings per container  
**Serving size** **1 serving**  
**(101.71g)**

**Amount per serving**  
**Calories** **35**

**% Daily Value\***

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 5mg **0%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes g of Added Sugars

**Protein** 1g

Vitamin D 0mcg **0%**

Calcium 27mg **2%**

Iron 1mg **4%**

Potassium 246mg **6%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

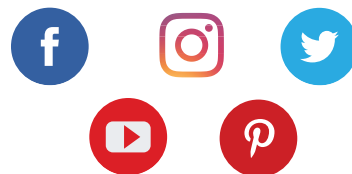
### Directions

- Heat oven to 400°F. Heat oil in a skillet over medium heat.
- Sauté onion and garlic in the skillet and cook until tender.
- Lightly spray a baking dish with nonstick cooking spray. Arrange the caramelized onions and garlic on the bottom of the baking dish. Next, layer and overlap the tomato, and squash on top.
- Season with thyme and black pepper.
- Cover the dish with foil and bake for 30 minutes. Remove the foil and bake another 20-30 minutes or until all vegetables are tender.

### Quick Tips

- ▶ For a slightly different flavor, add eggplant, sweet potatoes, or bell peppers.
- ▶ Season with basil, oregano, or parsley.
- ▶ When you're using dried herbs, remember you only need to use ⅓ of the fresh herb amount.

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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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(Recipe adapted from: <https://www.savingdessert.com>.)

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