

Eat Smart • Move More

Cazuela de Calabacín de Verano y Calabacita

Tiempo de Preparación: 10 minutos

Tiempo Total: 50 minutos



Ingredientes

Aerosol antiadherente para cocinar
2 calabacines de verano medianos, en dados
1 calabacita mediana, en dados
1 cebolla, en dados
1 taza de arroz integral instantáneo
1 ½ taza de leche al 1%
1 huevo
½ cucharadita de condimento italiano
1/8 cucharadita de pimienta
4 onzas de queso cheddar reducido en grasa, en tiras

Preparación

- Precalentar el horno a 375°F. Rociar una fuente para horno de 9 x 9 pulgadas con aerosol antiadherente para cocinar.
- Agregar el calabacín de verano, la calabacita, la cebolla y el arroz instantáneo a la fuente para horno y revolver para combinarlos.
- En un bol pequeño, batir la leche, el huevo, el aderezo italiano y la pimienta. Verter la mezcla sobre los ingredientes que están en la fuente para horno y revolver para combinar. Espolvorear con queso cheddar sobre la cazuela.
- Hornear durante 35 minutos o hasta que el líquido se absorba. Dejar reposar durante 5 minutos antes de servir.

Nutrition Facts

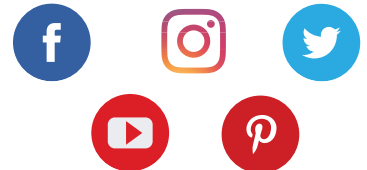
6 servings per container	
Serving size	1 serving (249.64g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 170mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes g of Added Sugars	
Protein 10g	
Vitamin D 1mcg	4%
Calcium 250mg	20%
Iron 1mg	4%
Potassium 398mg	8%

*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.

Consejos Rápidos

- ▶ Puede cambiar el sabor de esta cazuela eligiendo condimentos o quesos diferentes.
- ▶ ¡Pruebe agregar sus hojas verdes favoritas para agregar vegetales extras!
- ▶ Acompañar con muslos de pollo al horno o con tortas de salmón.

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(Receta adaptada de <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/squash-casserole>)

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