

Eat Smart • Move More

Pastel de Calabacín

Tiempo de Preparación: 10 minutos

Tiempo Total: 55 minutos



Ingredientes

Aerosol antiadherente para cocinar
4 tazas de calabacín de verano, picado
1 tomate, picado
1 cebolla, en dados
2 onzas de queso cheddar reducido en grasa, rallado
1 huevo
1 taza de leche al 1%
¼ cucharadita de pimienta negra molida

Nutrition Facts

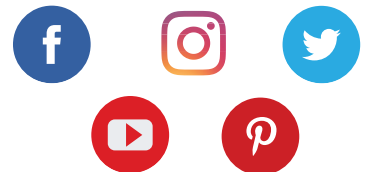
4 servings per container		
Serving size		1 serving
		(314.31g)
Amount per serving		
Calories		140
		<small>% Daily Value*</small>
Total Fat	5g	6%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	60mg	20%
Sodium	140mg	6%
Total Carbohydrate	15g	5%
Dietary Fiber	2g	7%
Total Sugars	11g	
Includes g of Added Sugars		
Protein	10g	
Vitamin D	1mcg	6%
Calcium	228mg	20%
Iron	1mg	6%
Potassium	587mg	10%

*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

- ▶ Pruebe saltar los vegetales antes de colocarlos en la fuente para horno.
- ▶ El calabacín amarillo y la calabacita son las variedades más populares de calabacín de verano.
- ▶ Agregue orégano, albahaca, ajo o perejil para dar sabor al plato.

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Preparación

- Calentar el horno a 400°F. Rociar una fuente para horno con el aerosol antiadherente para cocinar. Dejar a un lado.
- Colocar el calabacín, el tomate, la cebolla y el queso en la fuente para horno en forma pareja. Espolvorear el calabacín, el tomate, la cebolla y el queso sobre la fuente para horno en forma pareja.
- Mezclar los ingredientes remanentes homogéneamente. Volcar la mezcla sobre la mezcla de vegetales y el queso.
- Hornear durante aproximadamente 35 minutos o hasta que el centro esté listo y los bordes comiencen a dorarse.
- Dejar reposar 5-10 minutos antes de servir.

(Receta adaptada de: <http://www.biscuitsandburlap.com>)

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