

Eat Smart • Move More

Vegetales Italianos Mixtos

Tiempo de Preparación: 5 minutos

Tiempo Total: 20 minutos



Ingredientes

- 2 tomates, picados
- 2 calabazas de verano, en rodajas
- ½ pimiento, picado
- ¼ taza de aderezo italiano para ensalada, reducido en calorías
- ¼ taza de queso parmesano, rallado y reducido en grasas

Nutrition Facts

4 servings per container	
Serving size	1 serving (173.88g)
Amount per serving	
Calories 45	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 240mg	10%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes g of Added Sugars	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1mg	4%
Potassium 397mg	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

- ▶ Probar nuestra receta de Aderezo Italiano Casero en vez de una versión comprada.
- ▶ Para lograr un sabor diferente, agregar otros vegetales como brócoli o coliflor.
- ▶ Usted elige la variedad de calabaza de verano que desea utilizar. Hay muchas opciones disponibles.

Follow us | Like us



www.eatsmartmovemoreva.org

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

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

**Virginia Cooperative Extension**
Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

Preparación

- Mezclar los vegetales y el aderezo para ensalada en una fuente apta para microondas.
- Cocinar los vegetales en el microondas en potencia fuerte durante 10 minutos, revolviendo cada 2-3 minutos.
- Espolvorear el queso parmesano sobre los vegetales y dejar que se derrita antes de servir.

(Receta de <https://www.myrecipes.com>.)

www.eatsmartmovemoreva.org