

Eat Smart • Move More

Italian Mixed Vegetables

Prep Time: 5 minutes

Total Time: 20 minutes



Ingredients

- 2 tomatoes, chopped
- 2 summer squash, sliced
- ½ bell pepper, chopped
- ¼ cup light Italian salad dressing
- ¼ cup reduced fat grated Parmesan cheese

Nutrition Facts

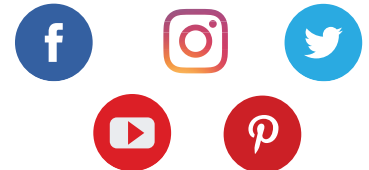
4 servings per container	
Serving size	1 serving (173.88g)
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 240mg	10%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes g of Added Sugars	
Protein 3g	
Vitamin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

Quick Tips

- ▶ Try our Homemade Italian Dressing recipe, in place of store-bought.
- ▶ For a different flavor, add other vegetables such as, broccoli or cauliflower.
- ▶ You choose what variety of summer squash to use. There are many options available.

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Directions

- Mix vegetables and salad dressing together in a microwave-safe baking dish.
- Cook vegetables in a microwave on high for 10 minutes, stirring every 2-3 minutes.
- Sprinkle Parmesan cheese over the vegetables and allow to melt before serving.

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

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