Summer Italian Vegetables
Makes 6 – ½ cup servings

Ingredients:
- 1 onion, chopped
- 1 squash, diced (yellow or zucchini)
- 1 tomato, diced
- 1 green pepper, chopped
- ½ teaspoon oregano
- 1 8 ounce can tomato sauce
- ½ cup shredded mozzarella cheese

Directions:
1. Preheat oven to 350°F.
2. Combine onion, squash, tomato and green pepper in a baking dish.
4. Pour the tomato sauce over the vegetables.
5. Bake uncovered at 350°F for 20-30 minutes.
6. Top with cheese and bake another 4-5 minutes until cheese is melted.
7. Refrigerate leftover.

Source: Eating Smart Being Active Colorado State University and University of California Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.