



# Italian Vegetable Medley

Italian seasoning, which typically includes rosemary, oregano, thyme, and marjoram, adds extra flavor to this easy veggie recipe.

### CACFP CREDITING INFORMATION

¼ cup (No. 16 scoop) provides ¼ cup vegetable.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>1</b> Preheat oven to 400 °F.
Nonstick cooking spray		1 spray		1 spray	<b>2</b> Lightly coat steam table pan with nonstick cooking spray.  For 25 servings, use 1 half pan (10 <sup>3</sup> / <sub>8</sub> " x 12 <sup>3</sup> / <sub>4</sub> " x 4"). For 50 servings, use 1 full pan (12" x 20" x 4").
Tomatoes with juice, canned, diced	1 lb 10 oz	3 cup 2 Tbsp ( <sup>1</sup> / <sub>3</sub> No. 10 can)	3 lb 4 oz	1 qt 2 <sup>1</sup> / <sub>4</sub> cup ( <sup>2</sup> / <sub>3</sub> No. 10 can)	<b>3</b> In a large bowl combine tomatoes with juice, onions, green beans, okra, green pepper, lemon juice, Italian seasoning, and salt.
*Onion, fresh, peeled, ¼" diced	8 oz	2 cup	1 lb	1 qt	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Green beans, fresh, cut, ½" pieces	4 oz	1 cup	8 oz	2 cup	
Okra, frozen, cut	4 oz	1⅓ cup	8 oz	2⅔ cup	
*Green bell pepper, fresh, ¼" diced	4 oz	1 cup	8 oz	2 cup	
Lemon juice, fresh squeezed, seeds removed or bottled		2 Tbsp 2 tsp		⅓ cup	
Italian Seasoning, dried		2 tsp		1 Tbsp 1 tsp	
Salt, table		1 tsp		2 tsp	<b>4</b> Place vegetable mixture in baking pan. Cover with foil and bake for 30 minutes.
*Zucchini, fresh, unpeeled, ¼" diced	4 oz	1 cup	8 oz	2 cup	<b>5</b> Remove from the oven and stir in zucchini and eggplant.
*Eggplant, fresh, unpeeled, ½" cubed	4 oz	2 cup	8 oz	1 qt	<b>6</b> Continue baking uncovered for 25 minutes or until vegetables are tender. Stir occasionally.  Critical Control Point: Heat to 140 °F for at least 15 seconds.
Parmesan cheese, grated		¼ cup		½ cup	<b>7</b> Sprinkle top with parmesan cheese.
					<b>8</b> Serve ¼ cup (No. 16 scoop).  Critical Control Point: Hold at 140 °F or higher.



## NUTRITION INFORMATION

For ¼ cup (No. 16 scoop).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>17</b>
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<b>Total Fat</b>	<b>0 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>165 mg</b>
<b>Total Carbohydrate</b>	<b>3 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
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Vitamin D	N/A
Calcium	26 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onion	10 oz	1 lb 3 oz
Green beans	5 oz	10 oz
Bell pepper	5 oz	10 oz
Zucchini	5 oz	9 oz
Eggplant	5 oz	10 oz

## NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

## YIELD/VOLUME

25 Servings	50 Servings
3 lb 1 qt 2¼ cup	6 lb 3 qt ½ cup