



## Italian Vegetable Medley

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

**Makes:** 6 servings      **Prep time:** 10 minutes  
**Cook time:** 35 minutes

---

*the*

### INGREDIENTS

---

Nonstick cooking spray

**¾ cup** tomatoes with juice, canned, diced

**½ cup** onion, fresh, peeled, ¼" diced

**¼ cup** green beans, fresh, cut, ½" pieces

**⅓ cup** okra, frozen, cut

**¼ cup** green bell pepper, fresh, ¼" diced

**2 teaspoons** lemon juice, fresh squeezed, seeds removed; *or* lemon juice, bottled

**½ teaspoon** Italian seasoning, dried

**¼ teaspoon** salt, table

**¼ cup** zucchini, fresh, unpeeled, ¼" diced

**½ cup** eggplant, fresh, unpeeled, ½" cubed

**1 tablespoon** parmesan cheese, grated

---

*the*

### DIRECTIONS

---

1. Preheat oven to 400 °F.
2. Lightly coat a medium baking pan (8" x 8") with nonstick cooking spray.
3. In a medium bowl, combine tomatoes with juice, onions, green beans, okra, green pepper, lemon juice, Italian seasoning, and salt.
4. Place vegetable mixture in baking pan.
5. Cover with foil, and bake for 15 minutes.
6. Remove from the oven, and stir in zucchini and eggplant.
7. Continue baking uncovered for 20 minutes or until vegetables are tender. Stir occasionally. Heat to 140 °F for at least 15 seconds.
8. Sprinkle top with parmesan cheese.
9. Serve ¼ cup.

Critical Control Point: Hold at 140 °F or higher.

*the*

## NUTRITION INFORMATION

For ¼ cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>17</b>
<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>
Vitamin D	N/A
Calcium	26 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP  
Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

*the*

## CACFP CREDITING INFORMATION

¼ cup provides ¼ cup vegetable.