Summer Italian Vegetables

Makes: 6 servings (½ cup per serving)
Preparation Time: 10 minutes
Cooking Time: 25 to 35 minutes

**Ingredients**
1 medium onion, chopped
1 medium yellow squash or zucchini, chopped
1 tomato, chopped
1 green pepper, chopped
1 (8 ounce) can tomato sauce
½ teaspoon Italian seasoning
2 ounces of mozzarella cheese, shredded (½ cup shredded cheese)

**Directions**
1. Preheat oven to 350°F.
2. Wash all vegetables.
3. Collect, chop, shred, and measure all ingredients before starting to prepare the recipe.
4. Combine onion, squash or zucchini, tomato, and green pepper in a 9 inch square baking dish.
5. In a small bowl, mix the tomato sauce and Italian seasoning together, then pour the sauce over the vegetables. Bake uncovered for 20 to 30 minutes until squash/zucchini is tender.
6. Top with cheese, and bake another 4 to 5 minutes until cheese is melted.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

*Be creative!* Make it a meal by adding seasoned, cooked ground beef, chicken, or turkey.