



## Italian Mixed Vegetables

### Ingredients

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

### Directions

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

### Nutrition Facts

Serving Size 1 serving (173.88g)  
Servings Per Container 4

**Amount Per Serving**

**Calories 45**      **Calories from Fat 15**

**% Daily Value\***

**Total Fat 1.5g**      **2%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol <5mg**      **2%**

**Sodium 240mg**      **10%**

**Total Carbohydrate 7g**      **2%**

Dietary Fiber 2g      **8%**

Sugars 5g

**Protein 3g**

Vitamin A 15%      •      Vitamin C 60%

Calcium 8%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.