



## RECIPE OF THE WEEK

### ZUCCHINI, TOMATO AND ONION



- 2 cups sliced onion
- 2 cups sliced tomato
- 2 cups sliced zucchini
- 1 1/2 teaspoons Italian herb seasoning
- 1/2 teaspoon Mrs. Dash (optional)  
dash of pepper

Preheat oven to 350 degrees.

Layer onion, tomato and zucchini in a 2-quart casserole dish that has been sprayed with a non-stick coating. Sprinkle each layer with seasonings. Bake for 30-45 minutes, depending on how soft you want the vegetables.

Yield: 7 servings

Serving Size: 1/2 cup

*From: Quick & Healthy Recipes and Ideas  
Brenda Ponichtera, RD*

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#### Nutritional Breakdown Per Serving:

- 35 calories
- 0.4 grams fat
- 1.9 grams fiber
- 32 mg. sodium