



# 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 provides ¼ cup vegetable.

**SOURCE**

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonstick cooking spray		1 spray		1 spray	<p><b>1</b> Preheat oven to 400 °F.</p> <p><b>2</b> Lightly coat steam table pan with nonstick cooking spray.</p> <p>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").</p> <p><b>3</b> In a large bowl combine tomatoes with juice, onions, green beans, okra, green pepper, lemon juice, Italian seasoning, and salt.</p>
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)	
*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, 1/2" pieces	4 oz	1 cup	8 oz	2 cup	
Okra, frozen, cut	4 oz	1 1/3 cup	8 oz	2 2/3 cup	
*Green bell pepper, fresh, 1/4" diced	4 oz	1 cup	8 oz	2 cup	
Lemon juice, fresh squeezed, seeds removed or bottled		2 Tbsp 2 tsp		1/3 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, 1/4" 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, 1/2" diced	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		1/4 cup		1/2 cup	<b>7</b> Sprinkle top with Parmesan cheese.
					<b>8</b> Serve 1/4 cup (No. 16 scoop).  Critical Control Point: Hold at 140 °F or higher.



**NUTRITION INFORMATION**

For ¼ cup (No. 16 scoop).

<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.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
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**

<b>25 Servings</b>	<b>50 Servings</b>
3 lb 1 qt 2¼ cup	6 lb 3 qt ½ cup

