

Sautéed Parmesan Vegetables

Here is a great recipe to mix up your vegetables. Serve with grilled chicken or a grilled pork chop and you have a meal.

- 1 zucchini, coarsely chopped
- 1 yellow squash, coarsely chopped
- 1 red bell pepper, seeded and coarsely chopped
- 1 green bell pepper, seeded and coarsely chopped
- 1 yellow bell pepper, seeded and coarsely chopped
- 1 cup grape tomatoes, halved
- 2 tablespoons vegetable oil
- 2 tablespoons reduced-fat Italian dressing
- 1/4 cup grated parmesan cheese

Nutrition Facts	
Serving Size 1/2 Cup	
Servings Per Container 6	
Amount Per Serving	
Calories 80	Calories from Fat 41
% Daily Values*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 140mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 3g	6%

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

Wash your hands and clean your cooking area.

Wash and chop vegetables as indicated above.

Heat skillet to medium; add vegetable oil.

Add zucchini, squash, bell peppers and grape tomatoes and sauté until tender, about 10 minutes; turning occasionally.

Place sautéed vegetable in large serving bowl; add dressing and parmesan cheese; mix until evenly coated.

Do you have small children? Find out what their favorite silly face to make is.

