



# Italian Vegetable Casserole

Makes 4 servings

## Ingredients

1 zucchini, sliced  
1 yellow squash, sliced  
½ red bell pepper, chopped  
2 tomatoes, chopped

¼ cup fat-free Italian dressing  
2 cups brown rice, cooked  
¼ cup vegan Parmesan cheese  
nonstick cooking spray

## Instructions

1. Spray casserole dish with cooking spray.
2. Mix vegetables and dressing together in the casserole dish.
3. Cook vegetables in microwave for 10 minutes, stirring every 2 to 3 minutes.
4. Sprinkle cheese on the vegetables.
5. Serve vegetables over rice.

## Nutrition Facts

Serving size: 1 cup vegetables and ½ cup rice; calories per serving: 165; fat: 2g; saturated fat: 0g; fiber: 4g; carbohydrates: 31g; protein: 7g; sodium: 278mg; sugars: 0g; cholesterol: 0mg.

Source: [www.kidshealth.org](http://www.kidshealth.org)



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