

Very Veggie Casserole

Nutritional information on back.



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Very Veggie Casserole

- 1 cup peeled butternut squash, cut into 1-inch pieces
- 1 medium potato, cut into 1-inch pieces
- 1 medium green bell pepper, coarsely chopped
- 1 medium carrot, cut into 1/2-inch slices
- 1 medium zucchini, cut into 1/2-inch slices
- 1 cup fresh or frozen cut green beans
- 1 cup sliced fresh mushrooms
- 1 - 2 cloves garlic, peeled and left whole
- 2 Tbsp each chopped fresh oregano, fresh basil and fresh dill
- 1 (14 oz.) can no salt added diced tomatoes
- 1½ tsp. olive oil
- 1/2 tsp each onion powder and garlic powder
- Salt and freshly ground pepper to taste
- 3 Tbsp. Romano or Parmesan cheese



Preheat oven to 375 degrees. Place all ingredients, except cheese, in large bowl and toss to combine. Transfer to sprayed 7 in. x 11 in. baking dish. Cover with foil and bake until veggies are just tender, about 60 - 75 minutes. (Remove foil cover for the last 30 minutes, if desired.) Remove from oven; turn broiler on high. Sprinkle with cheese. Broil until cheese is browned and bubbly. Serves 4 - 6.

Nutritional information per serving

120 calories, 3 g total fat (1 g saturated fat), 20 g carbohydrate, 5 g protein, 4 g dietary fiber, 105 mg sodium