



FEATURED
RECIPE:

Zucchini Casserole

Ingredients

- 1 pound sausage (ground)
- 1 cup onion (small, diced)
- 3 cups zucchini (small, diced)
- 3 cups squash (small, yellow, diced)
- 3 cups potatoes (medium, peeled and diced)
- 1 can tomatoes (Italian stewed, cut up)

Directions

Brown sausage and onion together in a skillet; drain. Mix all ingredients together and place in a casserole dish. Cover with foil and bake at 350 degrees F for 45 minutes. Instead of using the Italian stewed tomatoes, you could use fresh diced tomatoes with some Italian spices added.

Makes 6 servings: Per serving: 220 calories, 9 g total fat, 11 g protein, 25 g carbs, 3 g fiber, 460 mg sodium.

*From the USDA What's Cooking?
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