

July

Recipe of the Month



Mediterranean Marinated Vegetable Salad

Source: Kraft Foods

Ingredients:

- 2 large tomatoes, cut into wedges
- 1 each green and yellow pepper, coarsely chopped
- 1 zucchini, cut lengthwise in half, sliced
- ¼ cup red onion wedges
- ½ cup Kraft Zesty Italian dressing
- 2 Tbsp. chopped fresh basil
- 2 cloves garlic, minced
- 1 cup Kraft Natural Italian Style Cheese Crumbles



Directions:

1. Toss tomatoes, peppers, zucchini and onions in large bowl.
2. Combine dressing, basil and garlic. Pour over vegetable mixture; toss to coat.
3. Add cheese; mix lightly. Refrigerate at least 1 hour before serving.
4. **Make ahead:** Store salad in refrigerator up to 24 hours before serving.

Nutritious Tips

With an abundance of garden-fresh vegetables, you can quickly create this simple salad. You can substitute your favorite dressing, and even use a light or fat-free version. As Julia Child says, *“You don’t have to cook fancy or complicated masterpieces – just good food from fresh ingredients.”*

Nutrition Facts

Serving size 1 cup
Servings per Recipe: 8

Calories 120

Fat 8 g
Saturated Fat 3 g

Cholesterol 15 mg
Sodium 260 mg

Carbohydrate 7 g
Fiber 1 g

Protein 4 g



OSF
SAINT FRANCIS
MEDICAL CENTER

Tell me what you think! E-mail me at
Jennifer.L.reay@osfhealthcare.org