

Mixed Vegetables Italian Style

(serves 4)

Ingredients

2 Tbsp. olive oil	½ green or red pepper
1 large onion	1 can (8 oz.) tomato sauce
½ lb. green beans	¼ cup water
1 small yellow squash	½ tsp. oregano
1 small zucchini squash	salt & pepper to taste

Instructions

Dice onion; sauté onion in skillet with olive oil. Wash and drain green beans, then snap in half. Add beans to skillet and cook for 10 minutes, stirring occasionally. Cut yellow squash and zucchini into ¾ inch slices. Cut pepper into short strips. Add pepper, yellow squash and zucchini to the skillet. Salt and pepper to taste and add tomato sauce and water. Simmer all vegetables together until tender.