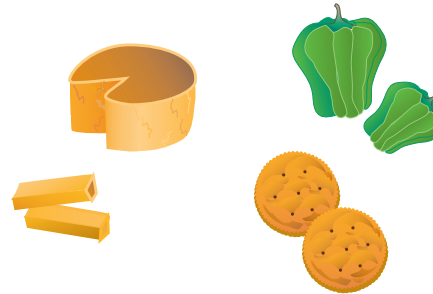


# Vegetable Casserole

## Ingredients:

- 24 ounces canned mixed vegetables, low sodium
- 1 cup chopped onions
- 1 cup celery, chopped
- 1 cup low-fat shredded cheddar cheese
- 1/4 cup bell pepper, chopped
- 1/2 cup non-fat mayonnaise
- 24 Ritz low-sodium crackers, crumbled
- 1 tablespoon low-fat margarine, melted



## Preparation:

1. Preheat oven to 350°.
2. Mix vegetables, onions, celery, cheese, pepper, and mayonnaise together.
3. Place in a large casserole dish.
4. Sprinkle with crumbled Ritz Crackers, and drizzle with margarine.
5. Bake for 35 minutes.

Makes six 1/2 cup servings

Amount Per Serving	
Calories	210
Calories from Fat	70
% Daily Values*	
Total Fat	7g 11%
Saturated Fat	2.5g 12%
Cholesterol	10mg 3%
Sodium	490mg 20%
Total Carbohydrate	22g 7%
Dietary Fiber	5g 19%
Sugars	3g
Protein	12g
Vitamin A	120%
Vitamin C	20%
Calcium	20%
Iron	8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 • Carbohydrate 4 • Protein 4



This is an official 5 A Day recipe: one serving is equal to one serving of fruits and/or vegetables.