



A Recipe for Kids With Lactose Intolerance

Italian Vegetable Casserole

Prep time: 25 minutes

Ingredients:

- 1 zucchini, sliced
- 1 yellow squash, sliced
- ½ red bell pepper, chopped
- 2 tomatoes, chopped
- ¼ cup fat-free Italian dressing
- 2 cups brown rice, cooked
- ¼ cup soy parmesan cheese
- nonstick cooking spray

Utensils:

- knife (you'll need help from your adult assistant)
- 2-quart covered casserole dish (microwave safe)
- microwave (you'll need help from your adult assistant)
- measuring cup

Directions:

1. Spray casserole dish with nonstick cooking spray.
2. Mix vegetables and dressing together in the casserole dish.
3. Cook vegetables in microwave for 10 minutes, stirring every 2 to 3 minutes.
4. Sprinkle parmesan cheese onto the vegetables.
5. Serve vegetables over rice.

Serves: 4

Serving size: 1 cup vegetables and ½ cup rice