

Zucchini Casserole

1 pound ground turkey sausage
1 small onion, diced
3 small zucchini, diced
3 small yellow squash, diced
2 medium potatoes, peeled and diced
1 can Italian diced tomatoes
Salt and pepper, to taste
Shredded cheese, optional

Directions:

1. Brown sausage and onion together in a skillet; drain. Mix all ingredients together and place in a casserole dish. Top with cheese, if desired.
2. Cover with foil and bake at 350 degrees for 60 minutes.

Serves 8

Nutrient Analysis, per serving: 157 calories, 11g. carbohydrate, 13g. protein, 7g. fat, 467mg. sodium