



## Zucchini Tomato Bake

Serving Size: 2/3 cup

Yield: 10 servings

### Ingredients:

4 cups **zucchini**, sliced (about 2 pounds)

3 tablespoons chopped **onion**

1 teaspoon **vegetable oil**

2 cups canned **tomatoes** with juice or 2 cups fresh sliced tomatoes

1/2 teaspoon **salt**

1/4 teaspoon **pepper**

1/4 cup (1 ounce) grated **cheese** (try cheddar, mozzarella, or parmesan)



### Directions:

1. Wash zucchini and cut into 1/4-inch slices.
2. In large frying pan, cook onion in oil on medium heat until tender.
3. Add zucchini to onions and cook for 5 minutes.
4. Add tomato and seasoning; cook 5 more minutes.
5. Put mixture into an 8" x 8" square baking dish and sprinkle with cheese.
6. Bake at 375 degrees for 20 minutes.
7. Refrigerate leftovers within 2 hours.

**Nutrition Facts:** Calories, 35; Calories from fat, 10; Total fat, 1.5g; Saturated fat, 0.5g; Trans fat 0g; Cholesterol, 5mg; Sodium, 140mg; Total Carbohydrate, 4g; Fiber, 1g; Protein, 2 g; Vit. A, 10%; Vit. C, 15%; Calcium, 2%; Iron, 2%.

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