

## Zucchini Tomato Bake

*This recipe contains more than one type of vegetable, rich in different nutrients. Try many colors and kinds. .*

### Ingredients:

- 2 pounds zucchini (about 4 cups sliced)
- 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 F. for 20 minutes.
7. Refrigerate leftovers within 2-3 hours.

Nutrition Facts	
Serving Size 2/3 cup (110g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 25</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 120mg</b>	<b>5%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein 1g</b>	
Vitamin A 10%	Vitamin C 15%
Calcium 2%	Iron 2%
*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    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

**10 servings, 2/3 cup each**

### Bright Ideas:

Source: Janet Calvert and Caroline Cannon, OSU Extension. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>