

# Zucchini Tomato Bake

This dish is an easy and tasty way to add a veggie side dish to any meal.

Makes: 10 servings

Source: [foodhero.org](http://foodhero.org) recipe/zucchini tomato bake

## Ingredients

- 4 cups sliced zucchini (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 skillet, cook onion in oil on medium heat (300 degrees in an electric skillet) 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.



Small Changes,  
BIG Difference!

Click image to watch the recipe video



## Nutrition Information

Serving Size: 2/3 cup	
Nutrients	Amount
Calories:	35
Total Fat:	1.5 g
Saturated Fat:	.5 g
Cholesterol:	5 mg
Sodium:	140 mg
Total Carbohydrates:	4 g
Dietary Fiber:	1 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	2 g

## Utensils Needed

- Knife
- Cutting Board
- Measuring Utensils
- Baking Dish
- Skillet

# SHOPPING LIST

Average total cost without oil and seasonings: \$8.45

Average cost/serving: \$0.85

Recipe Makes: 10 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 4 to Cart  
Zucchini (9 oz avg)



Add 1 to Cart  
Yellow Onion (10 oz avg)



Add 1 to Cart  
Diced Tomatoes In Juice (28 oz can)



Add 1 to Cart  
Sharp Cheddar Cheese - Shredded

**My Cooking Notes**

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