



Parmesan Roasted Zucchini & Tomatoes

Directions:

1. Preheat oven to 375 F.
2. In a medium bowl whisk together olive oil, garlic and Italian seasoning.
3. Place zucchini and tomatoes on a sheet pan. Pour olive oil mixture over top and gently toss with hands to evenly coat.
4. Sprinkle pepper and Parmesan over the top of each.
5. Roast in oven until veggies are tender and Parmesan is golden brown, about 20 minutes.

Nutrition Facts: 92 cal, 6 g fat, 5 g carb, 5 g pro, 319 mg Na+, 2 g fiber

Ingredients:

2 medium zucchini, 1/2 -inch thick slices
8 oz cherry tomatoes, sliced into halves
1 Tablespoon olive oil
1 garlic clove, minced
1/2 teaspoon Italian seasoning
1/2 teaspoon freshly ground black pepper 1/4 cup shredded
Parmesan cheese

Yield: 4 servings

Time: 30 minutes

Zucchini is a good source of B vitamins, fiber, vitamin A, vitamin C, and folic acid. Tomatoes are a good source of lycopene, an important nutrient for prostate and bone health.