

Ingredients:

- 2 medium zucchini
- 14.5 ounce can diced tomatoes with juice
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 tablespoon parmesan cheese



Directions:

1. Wash hands with warm water and soap.
2. Wash fresh vegetables before preparing.
3. Preheat oven to 375 degrees F.
4. Wash and slice the zucchini.
5. Lay zucchini in a pie pan and pour tomatoes with juice over the top.
6. Sprinkle garlic powder, salt, and parmesan cheese on zucchini.
7. Bake uncovered for 35 to 40 minutes.
8. Cool slightly then serve. Refrigerate leftovers within 2 hours.

Nutrition Facts (Per Serving)

Calories, 16.41; Carbohydrate, 2.76 g; Protein, 0.77 g; Total Fat, 0.19 g; Saturated Fat, 0.11 g; Trans Fat, 0 g; Cholesterol, 0.55 mg; Fiber, 0.46 g; Total Sugars, 1.60 g; Sodium, 161.14 mg; Calcium, 15.81 mg; Folate, 0.79 mcg; Iron, 0.34 mg; Calories from Fat, 10%.

Makes 8 servings, Serving Size: approximately 1/2 cup

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.