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Zucchini Tomato Bake

Prep Time: 10 minutes

Cook Time: 32 minutes

Cost per serving: \$1.97

What you need:

Utensils:

- Knife & cutting board
- Large frying pan
- Stirring spoon, heat-safe
- Baking dish, 8-inch square
- Measuring cups & spoons
- Can opener

Ingredients:

- 4 medium zucchini
- ¼ cup chopped onion
- 2 cups canned tomatoes or 2 cups fresh sliced tomatoes
- 1 tablespoon margarine or oil
- ¼ teaspoon pepper
- ½ cup shredded reduced fat mozzarella

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Preheat oven to 375°F.
4. Wash zucchini, onion and tomatoes (if using fresh).
5. Cut zucchini into ¼-inch slices. Chop onion and slice tomatoes.
6. In a large frying pan, cook onions in oil or margarine until tender, about 2 minutes.
7. Add squash and cook over medium heat for 5 minutes.
8. Add tomatoes and seasonings; cook 5 more minutes.
9. Put mixture into a baking dish and sprinkle with cheese.
10. Bake for 20 minutes.

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 3	
Amount Per Serving	
Calories 170	Calories from Fat 70
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% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 410mg	17%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	20%
Sugars 12g	
Protein 9g	
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Vitamin A 30%	Vitamin C 100%
Calcium 20%	Iron 15%