ZUCCHINI AND SQUASH CASSEROLE

Ingredients:

- 2 lbs summer squash zucchini and yellow squash, cut into ¼-inch slices (try to find medium, same-sized squash)
- 2 ½ T extra virgin olive oil
- 1 ¼ tsp sea salt, divided
- ½ tsp freshly ground pepper
- ⅓ cup Parmesan cheese, grated
- ⅓ cup Panko breadcrumbs
- ¼ tsp garlic powder
- 2 T fresh parsley, finely chopped



Directions:

1. Preheat oven to 350 degrees.
2. Cut yellow squash and zucchini into thin, ¼-inch slices
3. Sprinkle ½ teaspoon salt over the zucchini and squash slices. Let sit for 10 minutes and then dab to remove excess moisture with a paper towel.
4. Spray a 9-inch square baking dish with non-stick cooking spray.
5. Alternatively, overlap the zucchini and squash in a row (You should be able to form 4 rows).
6. Drizzle olive oil over zucchini and squash and sprinkle with salt and pepper.
7. In a small bowl, combine Parmesan cheese, breadcrumbs and garlic powder. Toss to combine and sprinkle over zucchini and squash.
8. Cover baking dish with aluminum foil and bake in preheated oven for 30 minutes.
9. Remove foil and turn heat to a High broil. Broil for an additional 5-7 minutes, or until breadcrumb topping starts to turn a golden brown.
10. Serve immediately with fresh parsley and enjoy! Makes 6 servings!

NUTRITION PER SERVING:

Calories 112, Fat 8g, Chol 4mg, Carbs 8g, Sugar 4g, Fiber 2g, Sodium 602mg, Protein 4g

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