

Pizzucchini with Redskins

Hands-on - 20 min. Oven/Exercise - 60 min. **Serves 6**

Here's a delicious summer dish that uses up your extra zucchini and tomatoes. *Pizzucchini* gets its name from smelling like pizza while baking. We serve this with corn on the cob and cantaloupe.

Menu

Pizzucchini with Redskins

Corn on the Cob

Cantaloupe

Preheat oven to 375°.

Coat a 9" x 13" baking pan with cooking spray.

3 small zucchini
1 med onion
4 med tomatoes

Slice vegetables 1/8 inch thick. Separate onion slices into rings.

6 T grated Parmesan cheese
1 cup reduced-fat shredded mozzarella cheese†
2 tsp dried oregano
1 tsp garlic powder

Mix together in a medium bowl.

Make 2 layers in the baking dish, using half the ingredients each time in the order listed: zucchini, onion, tomatoes, cheese mixture (repeat).

6 small (4 oz each) red skin potatoes, cut in 1/2

Scrub potatoes and slip in around edges of casserole.
Cover and bake 1 hour. (Remember to set timer.)



How about swimming?



After 1 hour, remove cover and bake 15 minutes more. Use this time to cook some corn on the cob and slice some cantaloupe. Enjoy!

†See reduced-fat cheese tip on page xi (introduction).

Nutrition information for 1 cup

Calories	190	Fat	3.5 g	Fiber	4.5 g	Sodium	280 mg	Total Carbohydrate	28 g
Calories from Fat	16%	Saturated Fat	1.6 g	Cholesterol	9 mg	Protein	12 g	Sugars	5 g

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Oven • Exercise • Eat
129

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