

Tomato Zucchini Bake

- 2 - 3 medium zucchini, thinly sliced
- 3 - 4 medium ripe tomatoes, peeled and thinly sliced
- 1 cup grated Parmesan cheese, divided
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- ¼ teaspoon salt (optional)
- ¼ teaspoon pepper
- 2 tablespoons olive oil

1. Wash hands and assemble clean equipment.
2. Preheat oven to 400 F. In 8-inch pie or square baking dish, arrange half of zucchini slices. Top with half of tomato slices. Sprinkle with ¼ cup cheese.
3. Top with remaining zucchini and tomato. Sprinkle garlic, thyme, salt and pepper over tomato; drizzle with olive oil. Sprinkle remaining ¾ cup cheese over top. Bake for 20 to 25 minutes. Makes 6 servings.

Hint: To curb the fat and calories in this recipe, reduce Parmesan cheese to ½ cup and olive oil to 1 tablespoon.

Nutrient Analysis, per serving: 112 calories, 6 g carbohydrate, 6 g protein, 8 g fat, 2 g dietary fiber, sodium 317 mg; 8 mg cholesterol