



## roasted zucchini and tomatoes

- 3 medium zucchini
- 10 grape tomatoes
- 2 tablespoons olive oil
- 1 tablespoon garlic powder
- 1 teaspoon Italian herbs
- ½ cup shredded parmesan cheese
- **Step 1** Cut zucchini into slices. Cut tomatoes into halves.
- **Step 2** Combine zucchini, tomatoes, oil, garlic powder and Italian herbs in a bowl.
- **Step 3** Spread vegetables on a metal baking sheet. Sprinkle with cheese, salt and black pepper. Roast in 400° oven for 20 to 25 minutes.



© Nutrition Matters, Inc.
All Rights Reserved.

This tipsheet can be reproduced for educational purposes.





## roasted zucchini and tomatoes

- 3 medium zucchini
- 10 grape tomatoes
- 2 tablespoons olive oil
- 1 tablespoon garlic powder
- 1 teaspoon Italian herbs
- 1/2 cup shredded parmesan cheese
- **Step 1** Cut zucchini into slices. Cut tomatoes into halves.
- **Step 2** Combine zucchini, tomatoes, oil, garlic powder and Italian herbs in a bowl.

Step 3 Spread vegetables on a metal baking sheet. Sprinkle with cheese, salt and black pepper. Roast in 400° oven for 20 to 25 minutes.



© Nutrition Matters, Inc.
All Rights Reserved.
This tipsheet can be reproduced

for educational purposes.