

roasted zucchini & summer squash bites

- 6 small, thin zucchini or yellow summer squash
- ½ cup grated Parmesan or shredded Italian blend cheese

1. Slice each zucchini or summer squash into ¼-inch thick rounds.
2. Place zucchini or summer squash slices and 1 tablespoon water in a microwave safe bowl. Cover with a paper towel. Microwave for 1 ½ to 2 minutes, or until crisp tender. Drain the water and set aside to cool slightly.
3. Preheat the oven broiler.
4. On a large baking sheet coated with cooking spray, place the zucchini or summer squash slices in a single layer. Sprinkle each slice with cheese.
5. Broil until just golden, 1 to 3 minutes.

**Your child
can help:**

- place cooled squash slices on a baking sheet.
- sprinkle with Parmesan cheese.



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