

Side Dish

Zucchini Bake

Recipe Card

Integrated Marketing Services

Servings: 12

Preparation Time: 10 minutes

Cook time: 25 minutes

3 cups (1 pound) zucchini, shredded

1 cup packaged baking mix

1 cup egg substitute

1/2 cup Parmesan cheese, grated

1/3 cup vegetable oil

1 tablespoon dried parsley

1 teaspoon dried oregano

1/2 teaspoon salt

1/8 teaspoon garlic powder

1 cup Cheddar cheese, shredded

Preheat the oven to 350 degrees.

Coat a rectangular 3-quart baking dish with nonstick cooking spray.

In a large bowl, stir together the zucchini, baking mix, egg Parmesan, oil, parsley, oregano, salt and garlic powder.

Spread in the baking dish.

Sprinkle with the cheddar cheese.

Place the baking dish in the oven.

Bake, uncovered, for 25 minutes or until set.

Serve warm.

Per Serving (excluding unknown items): 141 Calories; 12g Fat (74.7% calories from fat); 7g Protein; 2g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 251mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 2 Fat.