

## LiveBetter with MedWatch

### Zucchini Casserole

#### Ingredients

- 2 ½ pounds zucchini
- 1 tsp. butter or margarine
- ¾ cup shredded light sharp cheddar cheese
- ¾ cup shredded part-skim mozzarella
- 1 (10-ounce) can tomato puree
- 4 Tbsp. whole-wheat flour
- 1 Tbsp. olive oil
- 1 tsp. basil
- ½ tsp. salt
- ½ tsp. garlic powder

#### Preparation

1. Wash zucchini and chop into chunks.
2. Lightly butter an 8 x 11 ½-inch casserole dish or similar size baking dish.
3. Put zucchini in casserole dish.
4. Spread cheeses over the squash; then spread tomato puree.
5. Sprinkle the flour over the top, then the oil, then the spices; spread all ingredients as evenly as possible.
6. Cover and bake at 350° for 1 hour.

Makes 6 servings. Serving size: 1 cup.



#### Nutrition Analysis

Per serving: 150 calories, 7 g fat, 13 mg cholesterol, 4 g dietary fiber, 447 mg sodium



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