

Veggie Casserole

Ingredients:

2 cups zucchini, sliced

1 ½ tbsp. Italian Herb Seasoning

2 cups onion, sliced

Dash of pepper

½ tsp. salt

2 cups tomatoes, sliced

Preheat oven to 350°F. Spray a 2 quart casserole dish with non-stick spray and layer vegetables. Sprinkle each layer with seasonings. Add additional seasonings of your choice (i.e. paprika, cumin, cayenne pepper). Bake for 30 minutes or until vegetables are done to your liking.

Nutritional Information:

Total Fat: 0g

Fiber: 3g

Calories: 60

Protein: 2g

Carbs: 15g

Sodium: 0mg

