

Baked Parmesan Zucchini

Ingredients

- 4 small zucchini, washed and halved lengthwise
- 2 teaspoons olive oil
- 2 teaspoons Mrs. Dash seasoning
- 1/3 cup freshly grated Parmesan cheese
- 2 teaspoons garlic, minced

Instructions

1. Preheat the oven to 400 degrees F.
2. Arrange the zucchini, cut sides up. Lightly brush with the olive oil. Season.
3. Mix the Parmesan and garlic together, then sprinkle over the zucchini.
4. Bake for about 15 minutes, or until the zucchini are tender and the cheese is browned.



Nutrition Facts

Servings: 8

Amount per serving

Calories **39**

% Daily Value*

Total Fat 2.6g **3%**

Saturated Fat 0.9g **4%**

Cholesterol 3mg **1%**

Sodium 89mg **4%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0.7g **2%**

Total Sugars 1g

Protein 2.7g

Eat more fruits and veggies

You probably already know that a healthy diet includes a variety of fruits and vegetables. A good source of vitamins and minerals, many fruits and vegetables are lower in calories and higher in fiber than other foods. As part of a healthy diet,* eating fruits and vegetables instead of high-fat or high-calorie foods may make it easier to control your weight.

Too busy? See how you can save time, save money, or both as you strive to eat more fruits and vegetables as part of a healthy diet.



fruits & veggies
**more
matters™**

Save Time

- Pick fruits or veggies that require little peeling or chopping, such as baby carrots, cherry tomatoes, or grapes.
- Prepare extra vegetables and freeze leftovers for quick sides. Simply heat to 165°F and serve.
- Choose ready-packed salad greens from the produce shelf for a quick salad any time.
- Visit the salad bar for pre-cut veggies to top salads, sandwiches, or pasta.

Save Money

- Take advantage of in-store promotions and purchase fresh fruits and vegetables in season, when they are generally less expensive.
- Prevent food waste by properly storing produce and selecting the type and amount you will consume.
- Buy in bulk. Freeze excess, or purchase frozen, canned, or dried varieties that keep longer.
- Shop the local farmer's market or visit nearby farms and pick your own fresh produce while in season.

Save Time + Money

- Plan meals ahead and create a shopping list to help minimize impulse purchases.
- Buy in bulk and prepare extra or larger amounts. Freeze individual or family-size portions for later use.
- Make vegetable-based one-pot meals using beans or soy or other beans instead of higher cost protein sources, such as meat, fish, or poultry. One-pot meals also reduce the number of pans and other utensils that must be washed, saving you time.
- Keep it simple. Choose quick and easy recipes with few ingredients that use in-season, canned, frozen, or dried fruits and vegetables.



* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.

