

Zucchini Au Gratin

Ingredients:

- 2 zucchini
- 1 onion
- 2 tablespoons water
- 3 tablespoons parmesan cheese, grated

Equipment:

- Cutting Board
- Knife
- Measuring cups
- Measuring spoons
- Microwave safe dish with lid

Number of Servings: 4
 Prep Time: 15 minutes
 Total time: 15 minutes

Directions

1. Wash zucchini and cut off ends. Cut thin slices and add to microwave safe dish.
2. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other for slices. Add to dish.
3. Add water to dish. Cover and cook for three minutes.
4. Remove cover and stir, microwave again for three minutes, or until desired doneness.
5. Sprinkle with cheese, toss lightly.
6. Serve at once.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1/2 cup
 Servings: 4

Amount Per Serving		Calories from Fat 27	
Calories 53			
%Daily Value*			
Total Fat	1g		2%
Saturated Fat	1g		4%
Cholesterol	3mg		1%
Sodium	74mg		3%
Total Carbohydrate	5g		8%
Dietary Fiber	2g		7%
Protein	3g		6%
Vitamin A	7%	Vitamin C	18%
Iron	3%	Calcium	7%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.