**Tomato Squash and Onion Casserole**

**Prep Time:** 25 minutes  
**Total Time:** 1 hour

### Ingredients
- 2 teaspoons olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- Nonstick cooking spray
- 3 tomatoes, sliced
- 1 zucchini, sliced
- 1 squash, sliced
- 1 tablespoon fresh thyme
- ½ teaspoon ground black pepper

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Calories</th>
<th>Total Fat 1.5g</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 serving (101.71g)</td>
<td>35</td>
<td>2%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>0mg</th>
<th>0%</th>
<th>0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>Total Carbohydrate 5g</td>
<td>Dietary Fiber 1g</td>
<td>Total Sugars 3g</td>
</tr>
<tr>
<td>Sodium</td>
<td></td>
<td></td>
<td>2%</td>
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<tr>
<td>5mg</td>
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<td>4%</td>
</tr>
<tr>
<td>0%</td>
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<td>0%</td>
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</tbody>
</table>

* This % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Directions

- Heat oven to 400°F. Heat oil in a skillet over medium heat.
- Sauté onion and garlic in the skillet and cook until tender.
- Lightly spray a baking dish with nonstick cooking spray. Arrange the caramelized onions and garlic on the bottom of the baking dish. Next, layer and overlap the tomato, zucchini, and squash on top.
- Season with thyme and black pepper.
- Cover the dish with foil and bake for 30 minutes. Remove the foil and bake another 20-30 minutes or until all vegetables are tender.

(Recipe adapted from: https://www.savingdessert.com.)

### Quick Tips

- For a slightly different flavor, add eggplant, sweet potatoes, or bell peppers.
- Season with basil, oregano, or parsley.
- When you’re using dried herbs, remember you only need to use ⅓ of the fresh herb amount.

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