



# Zucchini Parmesan

Fall Winter Spring Summer

## NUTRITION INFORMATION

**SERVING SIZE:** ½ cup

Amount per Serving	
Calories	119 kcal
Protein	8.02 g
Carbohydrate	10.79 g
Total Fat	4.51 g
Saturated Fat	2.15 g
Cholesterol	11.77 mg
Vitamin A	640.09 IU
Vitamin C	3.14 mg
Iron	0.86 mg
Calcium	192.76 mg
Sodium	531.62 mg
Dietary Fiber	2.86 g

**EQUIVALENTS:** ½ cup provides ½ cup other vegetable, ¼ cup red/orange vegetable and .25 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

“It looks familiar, like lasagna, so kids will try it!”  
— LINDA WHEELock

# Zucchini Parmesan • 50 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
			1 Preheat convection oven to 350°F. Coat two 2-inch full hotel pans with cooking spray.
Zucchini	12 lb		2 Trim zucchini and cut into ¾-inch slices in a food processor fitted with a 10mm slicing blade (or by hand).
Onions	2 lb		3 Trim, peel and slice onions.
Garlic		8 cloves	4 Trim, peel and thinly slice garlic.
Prepared marinara, spaghetti or tomato sauce		1 gal	5 Dividing ingredients evenly between the two pans, layer half the zucchini, all of the onion and garlic, then the remaining zucchini. Divide sauce between the pans. Cover and bake until just tender, about 20 minutes.
Shredded part-skim mozzarella cheese	1 lb		6 Uncover and sprinkle with mozzarella and Parmesan cheeses. Bake, uncovered, until the cheese is melted and bubbly, 5 to 10 minutes more.
Grated Parmesan cheese		1 qt	

## NOTES

Try the marinara sauce from *Spaghetti Squash Bake* (p. 90) or *Kitchen Sink Pasta Sauce* (p. 76) in this recipe.

