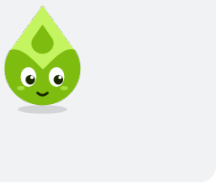
Dinner

Garlic Herb Roasted Zucchini

Tender zucchini halfmoons tossed in olive oil, garlic powder and Italian seasoning, then roasted until golden at the edges.

25 min	80	8 g	4 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 1 serving

- [ ] 1 med zucchini (makes about 1 cup when cooked)
- [ ] 1 tsp olive oil
- [ ] 1/8 tsp salt
- [ ] 1/8 tsp black pepper
- [ ] 1/2 tsp garlic powder
- [ ] 1/2 tsp Italian seasoning

Method

- [ ] **1** Set the oven to 425°F.
- [ ] **2** Give the zucchini a rinse, then chop it into halfmoons or small chunks.
- [ ] **3** Pile the pieces onto a small baking sheet.
- [ ] **4** Pour the olive oil over the zucchini, then season everything with the salt, black pepper, garlic powder and Italian seasoning.
- [ ] **5** Mix the pieces around until the oil and seasonings cover each one.
- [ ] **6** Level the zucchini out so the pieces sit in one layer.
- [ ] **7** Roast for 12 to 15 minutes, until the zucchini turns soft with some light browning.
- [ ] **8** Enjoy the zucchini while warm.

Nutrition Facts

Per serving

Calories	**80**
Total fat	5 g
Saturated fat	1 g
Sodium	310 mg
Total carbs	8 g
Fiber	2 g
Total sugars	4 g
Protein	3 g

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