

# Zucchini Au Gratin

Rating: ★★★★★

**Cook time:** 20 minutes

**Makes:** 7 servings

## Ingredients

- 4 cups** zucchini (thinly sliced)
- 1/2 cup** onion (sliced)
- 2 tablespoons** water
- 1 tablespoon** margarine
- pepper (to taste)
- 3 tablespoons** Parmesan cheese (grated)

## Directions

1. Wash and slice vegetables. Place zucchini, onion, water, margarine, and pepper in a frying pan. Cover and cook over medium heat for one minute.
2. Remove cover and cook until crisp-tender, about 10 minutes.
3. Turn with large spoon to cook evenly.
4. Sprinkle with cheese; toss lightly.
5. Serve at once.

## Notes

Can be served over rice or noodles. Green pepper can be used instead of onion. Summer squash can be used instead of zucchini.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	38	
Total Fat	2 g	3%
Protein	2 g	
Carbohydrates	3 g	1%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	53 mg	2%

## MyPlate Food Groups

Vegetables	1/2 cup
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