

Tomato Zucchini Boats

Serves 4

Ingredients

- 2 medium zucchini
- 1 Tbsp extra virgin olive oil
- 2 cloves garlic, minced
- Salt and pepper, to taste
- 1 tomato, sliced thinly OR 3-4 grape or cherry tomatoes
- ¼ cup part-skim mozzarella cheese, shredded



Directions

1. Preheat oven to 350° F. Spray baking dish with non-stick cooking spray or line with aluminum foil.
2. Bring a large pot of water to a boil.
3. Wash zucchini well and cut off ends. Cut zucchini in half, lengthwise. You may need to cut part of the bottoms off if they roll around.
4. Scoop out a shallow well in the center of each zucchini half, removing the seeds.
5. Place zucchini in boiling water and let boil for 1 minute. Remove from water and drain well.
6. Arrange zucchini halves in a single layer in a baking dish.
7. Combine olive oil, garlic, salt and pepper. Brush over zucchini.
8. Top each zucchini half with 1-2 tomato slices.
9. Bake for 30-35 minutes, or until zucchini is soft. Add mozzarella cheese and return to oven. Let bake until cheese is melted and starting to brown.

Nutrition Information per Serving: Calories: 80, Total Fat: 5gm, Saturated Fat: 1.5gm, Trans Fat: 0gm, Cholesterol: 5mg, Carbs: 5gm, Fiber: 1gm, Protein: 3gm, Sodium: 60mg

Roasted Okra

Ingredients

- 1 pound fresh or frozen okra*
- 1 Tbsp extra virgin olive oil
- 1 tsp garlic powder
- Salt and pepper, to taste

Directions

1. Preheat oven to 400° F.
2. Wash okra and cut into small rounds.
3. Toss cut okra with olive oil, garlic, salt and pepper until well coated.
4. Place okra in a single layer onto a foil-lined baking sheet.
5. Bake for 30-40 minutes or until okra starts to brown on the edges and become crispy.

*If using frozen okra, lengthen the cooking time.

Note: Feel free to add chopped onions, squash, zucchini, mushrooms, or any other vegetable you have on hand. They taste great when added in with the okra!

