

Zucchini-Tomato Bake

Quickly put together casserole making use of all that zucchini. The choice of herbs is yours.

- 1 small onion, thinly sliced (about 1 cup)
- 1 tablespoon olive oil
- 2 cloves garlic, chopped
- 1 1/4 pounds zucchini, thinly sliced (about 4 cups)
- 1 pound tomatoes, seeded and chopped (2 cups)
- 1 cup whole grain bread crumbs
- 1 tablespoon chopped fresh basil or 1 teaspoon dried herb of your choice
- 2-3 tablespoons grated parmesan cheese

Preheat oven to 400 degrees.

In a large skillet over medium heat, sauté onion in oil until translucent, about 3 minutes.

Add garlic and zucchini and continue to sauté until zucchini is crisp-tender, about 5 minutes.

Add tomatoes, salt, and pepper to taste. In a large bowl, combine bread crumbs, herbs, and parmesan.

Pan spray a 1 1/2 quart casserole. Spoon 1/3 of the zucchini-tomato mixture into the casserole and top with 1/3 of the bread crumbs.

Repeat layers twice, ending with bread crumbs. Bake for 30 minutes, or until crumb topping is golden. Makes 4 servings.