



CATERING • MEAL PREP • JUICES

Baked Parmesan Garlic Zucchini

Even “those” people that don’t normally like green veggies will devour this Parmesan zucchini. This yummy zucchini is very versatile and will go well with any meal. Garlic Parmesan zucchini is a perfect low-carb gluten-free side dish that tastes amazing with any meat, chicken or seafood dinner!



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You'll need (organic versions if possible):

- 2 zucchini
- ¼ cup grated Parmesan cheese
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1 tsp oregano
- ½ tsp salt
- ¼ tsp pepper

To make it:

1. Preheat the oven to 425F
2. Line a baking sheet with parchment paper.
3. Cut zucchini lengthwise into quarters and put in a bowl.
4. Pour olive oil over zucchini and add minced garlic
5. With your hands, rub the garlic and olive oil all over the zucchini.
6. Put the zucchini on the baking sheet in a single layer, skin side down.
7. Sprinkle the zucchini with salt, pepper, Parmesan cheese and oregano.
8. Put the zucchini in the oven on the top rack, and bake for 15 minutes.
9. Switch the oven to Broil, and bake for another 4 minutes, or until zucchini is golden brown.
10. Serve warm.
11. Optionally, you can sprinkle zucchini with an extra 1 tbsp Parmesan cheese right before serving.

Enjoy!

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