

Layered Zucchini Casserole

Marion Brittain

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 6

2 zucchini

1 onion

1 green pepper

2 tomatoes

*6 ounces sharp cheddar
cheese*

Preheat the oven to 300 degrees.

Wash the zucchini, but do not peel. Trim the ends flat. Lightly butter a casserole dish. Slice the zucchini into rounds. Layer into the casserole dish.

Cut the onion in half, if necessary. Slice. Separate into rings and layer on top of the zucchini. Repeat the procedure, using the green pepper and tomatoes.

Shred the cheddar cheese. Distribute the cheese evenly over the top of the casserole. Bake, uncovered, for 1-1/2 hours.

Per Serving (excluding unknown items): 144 Calories; 10g Fat (58.3% calories from fat); 9g Protein; 7g Carbohydrate; 2g Dietary Fiber; 30mg Cholesterol; 183mg Sodium. Exchanges: 1 Lean Meat; 1 Vegetable; 1 Fat.