



Roasted Veggie Girlfredo Bake



1/4th of pan: 218 calories, 10g total fat (5.5g sat. fat), 743mg sodium, 16g carbs, 5g fiber, 9g sugars, 18.5g protein

[Click for WW Points® value*](#)

Prep: 25 minutes **Cook:** 40 minutes

Cool: 10 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

20 oz. (2 - 3 medium) zucchini, ends removed
2 cups sliced red bell peppers
2 large portabella mushrooms, sliced into strips
1/2 tsp. salt
1/4 tsp. black pepper
2 1/2 cups roughly chopped cauliflower
1/4 cup fat-free milk
1 tsp. chopped garlic
1/4 cup + 2 tbsp. grated Parmesan cheese
1 cup shredded part-skim mozzarella cheese
2 tbsp. chopped fresh basil

Directions

Preheat oven to 425 degrees. Spray 2 baking sheets and an 8" X 8" baking pan with nonstick spray.

Slice zucchini in half widthwise, and then slice each half lengthwise into 1/2-inch-thick strips.

Evenly lay sliced zucchini, bell peppers, and mushrooms on the baking sheets. Spray with nonstick spray, and sprinkle with 1/4 tsp. salt and 1/8 tsp. black pepper. Bake for 10 minutes.

Flip/rearrange veggies. Bake until softened, about 8 more minutes.

Meanwhile, place cauliflower in a medium-large microwave-safe bowl and add 3 tbsp. water. Cover and microwave for 4 minutes, or until soft. Drain excess liquid.

To make the sauce, in a blender or food processor, combine the cooked cauliflower, milk, and garlic. Add 2 tbsp. Parm and remaining 1/4 tsp. salt and 1/8 tsp. black pepper. Add 1 1/2 tbsp. warm water, and blend on high speed until smooth and uniform.

Remove sheet from oven, but leave oven on. Reduce heat to 400 degrees.

Thoroughly blot veggies dry.

Evenly layer the following ingredients in the baking pan: 1/4th of sauce (about 1/4 cup), half of the veggies, 1/4 of sauce (about 1/4 cup), 1/2 cup mozzarella cheese, 2 tbsp. Parm, and 1/4th of sauce (about 1/4 cup).

Continue layering with remaining veggies, sauce, 1/2 cup mozzarella cheese, and 2 tbsp. Parm.

Cover pan with foil, and bake for 15 minutes, or until hot and bubbly.

Uncover and bake until cheese has lightly browned, about 5 minutes.

Let cool for 10 minutes before slicing.

Sprinkle with basil.

MAKES 4 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: July 6, 2016

Author: Hungry Girl

Copyright © 2025 Hungry Girl. All Rights Reserved.