



Baked Butter Parm Zucchini



1/4 of recipe (about 3 pieces): 160 calories, 11g total fat (4.5g sat. fat), 500mg sodium, 8g carbs, 2g fiber, 5.5g sugars, 8g protein

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Prep: 10 minutes **Cook:** 30 minutes



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Ingredients

1/3 cup light butter, melted
1/4 cup + 2 tbsp. grated Parmesan cheese, divided
1 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. Italian seasoning
1/4 tsp. salt
1 1/2 lb. (about 3 medium) zucchini

Directions

Preheat oven to 425°F. Spray a [9" X 13" baking pan](#) with nonstick spray.

Add melted butter, 1/4 cup Parm, and seasonings to the pan. Mix until a paste forms. Evenly spread into a thin layer along the bottom of the pan, leaving about a 1-inch border.

Slice off and discard stem ends of zucchini. Cut each one in half lengthwise, then cut each piece in half widthwise. Place zucchini in the pan, cut sides down.

Top with remaining 2 tbsp. Parm. Bake until tender, 25–30 minutes.

MAKES 4 SERVINGS

See the recipe in action! [Click to watch](#) how it's made.

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