



## 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

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

**Cool:** 10 minutes



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### 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**

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