

Roasted Zucchini with Parmesan

1 Zucchini, navels cut and sliced in 2 inch round circles
1 Tbsp olive oil
2 Tbsp parmesan cheese
2 tsp freshly ground pepper
½ tsp sea salt

Preheat oven to 400°F.

Lay zucchini side by side on baking sheet. Drizzle with oil to coat evenly. Top with pepper, salt and parmesan cheese. Place in oven for about 15 minutes or until zucchini is soft and golden brown.

Serves 4.

Calories 110 Fat 4g Sat Fat 1g Carbohydrate 8g Dietary Fiber 5g Protein 3g Sodium 180mg