

Calabacitas

Ingredients

- 3 cups zucchini
- 1-2/3 cups yellow squash
- 2-1/2 tbsp red bell pepper
- 4 tsp vegetable oil
- 1 tsp garlic, granulated
- 3/4 tsp parsley, dried
- 3/8 tsp red chile flakes
- 2-1/2 tbsp parmesan cheese, grated



Directions

1. Cut zucchini and squash into 1/2 inch pieces and chop bell pepper into small dice.
2. Toss vegetables in oil.
3. Mix all dry ingredients in a large bowl with a whisk.
4. Toss oiled vegetables with this dry mixture.
5. Bake on 9 x 13 inch pan lined with parchment paper for 10 minutes at 375°F. Pull out of oven and toss mixture, then bake for another 10 minutes until tender.

Notes

Number of Portions: 4

Serving Size: ?

Nutrition Facts: 82 calories, 5.9 g fat, 1.36 g saturated fat, 81 mg sodium, 6.18 g carbohydrate, 1.6 g fiber, 3.7 g sugar, 3.01 g protein