

# Garlic Parmesan Zucchini Casserole

Serves: 6

**Prep time:** 25 minutes **Cook time:** 25-30 minutes **Total time:** 50-55 minutes

## Ingredients:

- 4 cups grated zucchini (about 3.5 medium zucchini)
- ½ teaspoon salt
- ½ cup finely diced onion, yellow
- 2 tablespoon minced garlic
- 2 eggs
- 1 cup shredded low-fat or 2% mozzarella cheese
- ½ cup low-fat or 2% shredded cheddar cheese
- ½ cup Panko breadcrumbs
- 2 tablespoons melted butter
- ½ cup grated Parmesan cheese plus an additional 2 tablespoons



## Directions:

1. Preheat oven to 375 degrees F.
2. Wash hands with soap and warm water.
3. Wash and grate zucchini.
4. Place zucchini in a colander, sprinkle with salt and allow to sit for about 20 minutes to help draw out some of the water from the zucchini.
5. After 20 minutes, squeeze the zucchini to remove any excess moisture.
  - **Pro Tip:** Wrap shredded zucchini in a clean, dry dishtowel. While the zucchini is in the dishtowel, squeeze and wring it out multiple times to remove excess moisture.
6. Wash onion and finely dice.
7. Combine zucchini, onion, garlic, eggs, ½ cup Parmesan cheese, mozzarella cheese, and cheddar cheese in a medium bowl.
8. Next, Spray a small 8-inch baking dish with cooking spray and place the mixture into the baking dish. Gently press the mixture evenly into the prepared dish.
9. Bake uncovered for 20 minutes.
10. In a small bowl, pour melted butter over breadcrumbs and 2 tablespoons of Parmesan cheese. Stir until thoroughly combined.
11. After 20 minutes, remove zucchini from the oven. Sprinkle buttered breadcrumbs over the zucchini and return the dish to the oven. Continue baking for about 5-10 more minutes, or until the top is golden brown and crispy.

**Nutrition Facts:** Serving: 1/6 of the casserole | Calories: 225kcal | Carbohydrates: 8g | Protein: 13g | Fat: 15g | Saturated Fat: 8g | Cholesterol: 96mg | Sodium: 594mg | Potassium: 299mg | Fiber: 1g | Sugar: 3g | Vitamin A: 655IU | Vitamin C: 16.2mg | Calcium: 291mg | Iron: 1mg

*Recipe and image adapted from: TheSeasonedMom.com, 2021*

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### **Fun Facts and Tips for the Kitchen:**

- Adding salt to fresh zucchini will draw out the extra moisture in the vegetable through a process called osmosis. Over time, the salt absorbs the water from the zucchini, leaving you with a slightly dryer zucchini mixture. This process will help prevent your casserole from becoming too watery.
- Eggs will provide this recipe with structure and help hold everything together.
- This Mediterranean-style dish can be served as a side and paired with chicken, shrimp or grilled pork chops.