



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Roasted Garlic Parmesan Zucchini Squash and Tomatoes

Makes 6 servings

Ingredients:

- 2 small zucchini (~1 lb cut into ½-inch thick slices)
- 2 small yellow squash (~1 lb cut into ½-inch thick slices)
- 14 oz small tomatoes (e.g. Camparini) cut in half
- ¼ cup oil (olive, canola, or avocado)
- 4 garlic cloves (minced)
- 2 tsp Italian seasoning
- 1 cup finely shredded parmesan cheese



Directions:

1. Preheat oven to 400°F. Line baking sheet with a sheet of parchment paper or aluminum foil.
2. In a small bowl, whisk together olive oil, garlic, and Italian seasoning.
3. In a large mixing bowl, place zucchini, squash and tomatoes. Pour olive oil mixture over top and gently toss to evenly coat.
4. Pour mixture onto prepared baking dish and spread into an even layer. Season with salt and pepper. Sprinkle parmesan over the top of each.
5. Roast in preheated oven for 25-30 minutes until veggies are tender and parmesan is golden brown.

Nutrition Tips:

1. One medium zucchini squash contains 55% of the daily recommended vitamin C intake, an antioxidant helpful in boosting immunity and helping the body fight stress. Summer squash also provides important B vitamins, such as folate, which is important in the formation of new cells.
2. Plant-based oils, such as olive, canola, or avocado oil provide essential nutrients such as vitamin E, which helps to build and maintain cells in the body.
3. Canola oil and avocado oil have very light flavor, making them a versatile ingredient for your favorite dishes.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.