

Zucchini Pie

★ MENU IDEA: Zucchini pie, sliced fruit, wheat bread

Ingredients:

1 or 2 zucchinis, sliced (about 10 cups)
1 tablespoon olive oil
2 onions, sliced
2 eggs
¼ cup seasoned bread crumbs
2 teaspoons Italian seasoning
¼ teaspoon ground black pepper
1 14.5-ounce can diced tomatoes
1 cup shredded mozzarella cheese (8 ounces)*

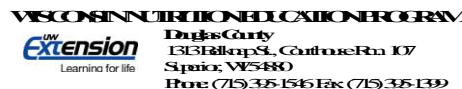
Optional: If you have fresh mushrooms or peppers, you can substitute them for some of the zucchini.

Directions:

1. Preheat oven to 325°F. Grease a large casserole or 9x13-inch pan, set aside.
2. Wash zucchini and discard ends. Cut into slices (about 10 cups). If using large zucchini, cut in half lengthwise and remove seeds before using.
3. Heat oil in large skillet over medium heat. Add zucchini and onion slices and cook for 10 minutes. Remove from heat.
4. In bowl, stir together the eggs, bread crumbs, Italian seasoning, and pepper. Add undrained tomatoes, and cheeses. Pour over zucchini mixture and stir to mix.
5. Pour into casserole. Bake uncovered for 60 minutes. Top will be golden brown.
6. Cut into squares. Serve.

*More cheese tastes great, but also adds more calories, fat, and sodium.

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