

Zucchini Corn Casserole

INGREDIENTS (serving size: 6)

- 1 tablespoon olive oil
- ½ cup red onion, diced
- 4 cloves garlic, minced
- ½ cup fat-free, low sodium vegetable broth
- 1 cup fresh corn kernels cut from cob (about 2 ears)
- 3 cups zucchini, thinly slices
- 1 tablespoon trans-fat-free margarine
- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper
- Vegetable oil cooking spray
- 3 tablespoons parmesan cheese, grated

NUTRITION INFORMATION: 81 Calories; 4 grams Fat; 1-gram Saturated Fat; 2 mg Cholesterol; 175 mg Sodium; 8 grams Carbohydrates; 1 gram Fiber; 4 grams Sugar; 3 grams Protein

DIRECTIONS

1. In a large nonstick skillet, heat olive oil over medium heat. Add the onion and garlic and sauté until slightly tender, about 3 minutes. Add the vegetable broth and corn kernels and continue to cook until the corn is heated through, about 5 minutes.

2. Add the zucchini, cover the pan, and continue cooking an additional 5 minutes, stirring occasionally, until vegetables are tender. Mix in the margarine, salt and black pepper.

3. Spoon vegetable mixture into a shallow baking dish coated with vegetable oil cooking spray and sprinkle the top with parmesan cheese. Place in the oven and broil until the cheese topping is golden brown, about 2 to 5 minutes.