

Zucchini Casserole

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Serves 6, 1 FSP per serving

- 2 Tbsp light butter
- 1 medium onion (sliced)
- 4 cups zucchini (peeled and cubed)
- 2 large tomatoes (cut into pieces)
- salt and pepper to taste
- 3 oz Cabot 75% reduced fat cheddar

1. In a large skillet, melt butter. Add veggies. season with salt and pepper.
2. Mix well. Cover and cook over medium heat for 30 minutes, stirring frequently.
3. Drain any excess liquid out of the pan.
4. Sprinkle cheese on top, cover and let cheese melt.