

Italian Baked Zucchini with Spaghetti Sauce

When making this recipe, use your favorite spaghetti sauce recipe. I use a 9” by 13” enameled baking dish. Use a pan that suits your needs, just make sure you put a tablespoon or two of extra virgin olive oil in the bottom so your zucchini doesn’t stick to the pan. This recipe makes four to six servings. It goes very well with a side salad from your garden. Use our Basil Salad Dressing we had on our site earlier. If you can’t find it, just get with us and we’ll guide you to where you need to go.

- 2 to 4 Zucchini (cut about a half inch thick at an angle)
- 2 cups of your favorite Spaghetti Sauce (make sure your sauce is warmed before placing on zucchini)
- 1 cup of Shredded Mozzarella or Shredded Italian Five Cheese
- 2 tablespoons of Extra Virgin Olive Oil
- Salt and Pepper to taste

Directions

Preheat oven to 350 degrees. Place olive oil in bottom of baking dish. Place cut zucchini in next. Turn zucchini over in dish so both sides are covered in olive oil; then put a bit of salt and pepper on the zucchini. Place in oven for about 20 to 25 minutes. Pull out of the oven and ladle about a fourth of a cup of spaghetti sauce on top of each zucchini; then pace about a tablespoon of cheese on top of each slice. Place dish back in oven for about five minutes or until cheese has melted.

If you would like our spaghetti sauce recipe, just get with us and we’ll get it to you.