



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Summer Veggie Bake

Serves 6-8

Ingredients:

- 2 medium squash, thinly sliced
- 2 medium zucchini, thinly sliced
- 2 large beefsteak or heirloom tomatoes, thinly sliced
- 1 cup cottage cheese, divided
- 4 oz. crumbled blue cheese
- 1½ cups whole wheat panko bread crumbs
- 1 tsp. oregano
- 1 tsp. garlic powder
- 1 tsp. dried parsley

Directions:

1. Preheat oven to 350° F.
2. In a small mixing bowl combine the bread crumbs, oregano, garlic powder, and parsley.
3. In a 2-qt. baking dish start with a layer of squash and zucchini. Then top with tomato slices.
4. Add a light layer of cottage cheese and sprinkle with crumbled blue cheese. Top with 1/4 of the bread crumb mixture.
5. Continue with layers until dish is filled. Finish with bread crumb mixture.
6. Bake dish at 350° F for 35-40 minutes or longer, until the veggies are tender, the juices have bubbled up through, and the topping is golden.