



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# PARMESAN ZUCCHINI

**Time:** 20 minutes

**Serves:** 4

### Ingredients:

3g salt  
1g garlic powder  
0.5g dried basil  
0.5g dried oregano  
0.5g fresh ground black pepper  
2 zucchini - unpeeled, ends removed, quartered lengthwise  
20g cold-pressed avocado oil or other neutral-flavoured oil  
20g Parmesan cheese - finely grated

### Preparation:

Preheat oven to 220C.

In a small bowl, combine the salt, garlic powder, basil, oregano, and pepper.

Place the zucchini in a large bowl, drizzle with oil, sprinkle with the salt mixture, sprinkle with the Parmesan, and toss to coat evenly.

Place a baking rack on top of a baking sheet, then place the zucchini on the rack. Top the zucchini with any Parmesan left in the bowl.

Bake for fifteen minutes.

Remove from heat and serve immediately.

### Nutritional Information Per Serving:

Calories: 93  
Fat: 7g  
Carbs: 6g  
Fibre: 2g  
Protein: 4g