Dinner Tonight!
Zucchini and Potato Bake

2 med zucchini, quartered and cut into large pieces
4 med potatoes, peeled and cut into large chunks
1 med red bell pepper, seeded and chopped
1 clove garlic, sliced
1/2 cup dry bread crumbs
1/4 cup olive oil
paprika to taste
salt to taste

Preheat oven to 400 degrees F (200 degrees C). In a medium baking pan, toss together the zucchini, potatoes, red bell pepper, garlic, bread crumbs, and olive oil. Season with paprika, salt, and pepper.

Bake 1 hour in the preheated oven, stirring occasionally, until potatoes are tender and lightly brown.

Optional Toppings: 1/2 cup parmesan cheese

Preparation time: 15 minutes
Cook time: 1 hour
Serves: 6

Nutrition Facts per Serving:
Calories: 243
Total Fat: 9.8 g
Cholesterol: 0 mg
Sodium: 147 mg
Total Carbohydrate: 35 g
Dietary Fiber: 4.8 g
Protein: 5.1 g