WELL AWARE



Roasted Zucchini

Source: Love and Lemons

Ingredients

- 1 pound zucchini, about 3 medium, cut into 1-inch half-moons
- 2 teaspoons extra virgin olive oil
- 1 teaspoon Italian Seasoning
- ½ teaspoon sea salt
- ¼ teaspoon garlic powder
- Lemon wedges, for squeezing
- Grated Parmesan cheese or crumbled feta cheese
- Fresh herbs, optional, for serving
- Freshly ground black pepper

Directions

- 1. Preheat the oven to 425°F and line a baking sheet with parchment paper.
- 2. In a large bowl, toss the zucchini with the olive oil, Italian seasoning, salt, garlic powder, and several grinds of pepper. Spread it evenly on the prepared baking sheet and roast for 15 to 20 minutes, or until golden brown around the edges.
- 3. Remove from the oven, transfer to a serving dish, and squeeze with lemon. Sprinkle with cheese and herbs, if desired.

