

Baked Yellow Squash with Parmesan

Serving Size: 1 Cup | Servings per Recipe: 2 | Heart Healthy



INGREDIENTS

- 2 medium yellow squash, sliced
- 1 tablespoon oil
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon garlic powder
- Salt and pepper to taste
- 1 tablespoon fresh parsley or dried oregano (optional)



DIRECTIONS

- Preheat the oven to 375°F (190°C).
- Slice the squash into rounds or half-moons.
- Place the slices on a baking sheet in a single layer. Drizzle with olive oil and toss to coat.
- Sprinkle garlic powder, salt, and pepper over the squash.
- Sprinkle Parmesan cheese evenly on top.
- Bake 15–20 minutes, until squash is tender and cheese is golden.
- Garnish with parsley or oregano if desired. Serve warm.

Calories per serving: 150 | 11 g total fat | 7 g total carbohydrates | 350 mg sodium | 6 g protein

Recipe adapted from SNAP-Ed, Image from FIVEheartHOME