

Healthy Food for a Wealthy Mood



Zucchini and Onion Gratin

2 Tbsp. olive oil, divided
1 large onion, quartered lengthwise, thinly sliced
1 Tbsp. tomato paste
2 tsp. grated lemon rind
1 tsp. fresh thyme leaves
3/8 tsp. kosher salt, divided
1/4 tsp. freshly ground black pepper
1 1/2 lbs. zucchini, diagonally sliced into 1/4-inch thick pieces
1 oz. Parmesan cheese, grated (about 1/4 cup)

Heat a large skillet over medium heat. Add 1 tablespoon oil to pan; swirl to coat. Add onion; cook for 6 minutes, stirring occasionally. Stir in tomato paste; cook 2 minutes. Stir in rind, thyme, 1/8 teaspoon salt, and pepper; cook 2 minutes, stirring occasionally.

Preheat broiler to high. Arrange zucchini on a jelly-roll pan. Drizzle with remaining 1 tablespoon oil; toss. Broil 7 minutes or until lightly charred. Sprinkle with remaining 1/4 teaspoon salt.

Preheat oven to 375 degrees. Spread onion mixture in a 2-quart gratin dish. Arrange zucchini mixture over onion mixture. Sprinkle with cheese. Cover and bake at 375 for 25 minutes. Remove from oven.

Preheat broiler to high. Uncover zucchini mixture; broil 1 1/2 minutes or until lightly browned.

Serves 6. Can be served hot or at room temperature.

CAL 92; FAT 6.3g; PRO 4g; CARB 7g; FIB 2g; CHOL 4mg;
IRON 1mg; SOD 224mg; CALC 79mg

Catherine Stahl Scheuber, CRPC®
Chartered Retirement Planning CounselorSM
Financial Advisor
303-963-5705
catherine.scheuber@lpl.com

 **LPL Financial**

Member FINRA/SIPC

Carshon Rodgers
Registered Sales Associate
303-773-3455
carshon.rodgers@lpl.com