Zucchini and Potato Bake

Serves 4-6

Ingredients

- 2 medium zucchini, quartered and cut into large pieces
- 4 medium potatoes, peeled and cut into large chunks
- 1 medium 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
- ground black pepper to taste

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. 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.
3. Bake 1 hour in the preheated oven, stirring occasionally, until potatoes are tender and lightly brown.

Original recipe from Allrecipes.com

**Nutrition Tip:** Zucchini is a summer squash that offers a great source for vitamin C, vitamin K and of course- fiber! Zucchini can be a great substitute for pasta or potatoes for a low-carb side dish.