

Roasted Zucchini, Squash & Tomatoes: A Fresh, Flavorful Side

Roasted Zucchini, Yellow Squash, and Tomatoes: The Easiest Way to Elevate Any Meal



OVEN
425°F

TIME
25 min

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INGREDIENTS

- 1 medium zucchini, sliced into 1/4-inch rounds
- 1 medium yellow squash, sliced into 1/4-inch rounds
- 2-3 Roma tomatoes, sliced into 1/4-inch rounds
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp Italian seasoning
- Salt and pepper, to taste
- 1/3 cup grated Parmesan cheese
- Fresh chopped parsley or basil, for garnish

DIRECTIONS

- 1.** Prep and Preheat: Set your oven to 425°F (220°C). Line a baking sheet with parchment paper for easy cleanup.
- 2.** Arrange the Veggies: Lay out the zucchini, yellow squash, and tomato slices in a single layer on the baking sheet. Drizzle with olive oil and sprinkle with garlic powder, Italian seasoning, salt, and pepper.
- 3.** Roast to Perfection: Roast for 20-25 minutes, flipping halfway through. You're looking for tender veggies with golden-brown edges.
- 4.** Add the Cheese: Sprinkle Parmesan over the roasted vegetables and return to the oven for 2-3 minutes, just until the cheese is melted and slightly crisp.
- 5.** Garnish and Serve: Top with freshly chopped parsley or basil and serve warm.

SWAPS & NOTES

and Substitutions Zucchini & Squash : Keep slices uniform for even roasting.

Tomatoes : Roma tomatoes work best, but you can also use heirlooms or cherry tomatoes halved.

Herbs : Add fresh thyme or oregano before roasting for extra depth.

Use nutritional yeast instead of Parmesan for a cheesy flavor without the dairy.

TIPS FOR SUCCESS

Don't overcrowd the pan -use two sheets if needed so the veggies roast instead of steam.

Slice consistently to ensure even cooking.

Watch the tomatoes near the end; they can soften quickly and burst.

