

Roasted Zucchini & Squash with Parmesan: Easy Veggie Side

Roasted Zucchini and Squash with Parmesan



OVEN
400°F

TIME
20-25 min

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INGREDIENTS

- 2 medium zucchinis, sliced into 1/4 inch rounds
- 2 medium yellow squash, sliced into 1/4 inch rounds
- 1 pint cherry or grape tomatoes, halved
- 3-4 garlic cloves, minced
- 2 tablespoons olive oil
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon black pepper, or to taste
- 1/2 teaspoon dried Italian seasoning (or a mix of dried oregano, basil, and thyme)
- 1/2 cup grated Parmesan cheese

Optional: Fresh basil or parsley, chopped, for garnish

Swaps and Notes:

Squash Variety: Feel free to use all zucchini, all yellow squash, or even add other quick-cooking vegetables like bell peppers or red onion.

Tomatoes: If cherry or grape tomatoes aren't available, diced Roma tomatoes can work, but the smaller varieties tend to hold their shape better and burst with more intense flavor when roasted.

Garlic: Freshly minced garlic is highly recommended for the best flavor, but 1 teaspoon of garlic powder can be used in a pinch.

Italian Seasoning: If you don't have a pre-made blend, mix equal parts dried oregano, basil, and thyme. A pinch of red pepper flakes can add a little heat!

Parmesan Cheese: Freshly grated Parmesan will melt beautifully and create a better crust than pre-shredded varieties, which sometimes contain anti-caking agents.

Herbs: Fresh basil is particularly wonderful with this dish, especially if serving with pasta.

DIRECTIONS

1. Let's get this delicious roasted vegetable dish into the oven!
2. Prepare for : Roasting: Preheat your oven to 400°F (200°C). Line a large baking sheet with parchment paper for easy cleanup, or simply give it a light coat of olive oil to prevent sticking.
3. Toss the : Veggies: In a large mixing bowl, combine the sliced zucchini, sliced yellow squash, and halved cherry or grape tomatoes. Add in the minced garlic, olive oil, salt, black pepper, and dried Italian seasoning. Toss everything together really well, ensuring all the vegetables are evenly coated with the oil and seasonings.
4. Spread on : Baking Sheet: Spread the seasoned vegetable mixture in a single layer on your prepared baking sheet. It's important not to overcrowd the pan; if necessary, use two baking sheets to ensure the vegetables roast rather than steam.
5. Add : Parmesan: Generously sprinkle the grated Parmesan cheese evenly over the top of the vegetables.
6. Roast: Place the baking sheet in the preheated oven and roast for about 20-25 minutes, or until the vegetables are tender, slightly golden around the edges, and the Parmesan cheese is beautifully melted and lightly browned. For an extra crispy and golden cheese topping, you can switch your oven to broil for 1-2 minutes at the very end, but watch it very closely to prevent burning!
7. Serve: Once done, remove the baking sheet from the oven and let it cool for a few minutes. If desired, garnish with freshly chopped basil or parsley for a burst of freshness. Serve warm as a scrumptious side

dish, or get creative and serve it over pasta, rice, or quinoa for a light and healthy meal.

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TIPS FOR SUCCESS

Don't Overcrowd the Pan: This is crucial for roasted vegetables!

If you pile them too high, they'll steam instead of roast, leading to soggy results.

Cut Evenly: Slicing the zucchini and squash into similar thickness (1/4 inch rounds) ensures they cook evenly.

High Heat Roasting: Roasting at 400°F (200°C) helps the vegetables get tender and develop those delicious caramelized edges quickly.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/roasted-zucchini-squash-with-parmesan-easy-veggie-side/>