



Corn, Zucchini, and Tomato Pie

Colorful and hearty, this savory pie is a great way to showcase summer vegetables. Serve it as a side dish or a meatless entrée.

Makes: 6 servings **Prep time:** 5 minutes
Cook time: 25 minutes

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INGREDIENTS

Nonstick cooking spray

1 cup zucchini, fresh, unpeeled, 1/8" sliced

1 cup tomatoes, fresh, 1/8" sliced

3/4 cup corn, frozen, whole kernel, thawed

1 teaspoon lemon juice, fresh squeezed, seeds removed; *or* lemon juice bottled

1 teaspoon dill weed, fresh, chopped

1/8 teaspoon salt, table

1/4 teaspoon black pepper, ground

3 tablespoons Parmesan cheese, grated

1/4 cup whole-wheat bread crumbs

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DIRECTIONS

1. Preheat oven to 350 °F.
2. Lightly coat a medium baking dish (8" x 8") with nonstick cooking spray.
3. Place zucchini slices in the bottom of the baking dish, cover with tomato slices, and top with corn.
4. Sprinkle lemon juice evenly over vegetables.
5. Make seasoning mixture: In a small bowl, mix together dill, salt, black pepper, Parmesan, and bread crumbs.
6. Sprinkle seasoning mixture evenly over vegetables, and lightly spray with nonstick cooking spray.
7. Cover with foil, and bake for 25 minutes or until zucchini is tender. Heat to 140 °F or higher for at least 15 seconds.
8. Cut into 6 even pieces. Serve 1 piece.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For 1 piece.

Nutrients	Amount
Calories	52
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Total Fat	1 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	171 mg
Total Carbohydrate	9 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	2 g
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Vitamin D	N/A
Calcium	46 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

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CACFP CREDITING INFORMATION

1 piece provides ¼ cup vegetable.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>