

Benefits of adding garlic to your diet:

Garlic belongs to the Allium class of bulb-shaped plants, which also includes onions, chives, leeks and scallions. It contains healthy photochemicals (substances thought to protect against disease and boost the immune system) and fiber.

Studies show an association between increased intake of garlic and reduced risk of certain cancers, including cancers of the stomach, colon, esophagus, pancreas and breast.



For more information, visit
clevelandclinic.org/nutrition

Recipe created by Digestive Disease Institute registered dietitians.

Roasted Garlic, Zucchini and Tomato Bake

Makes 4 servings

2 zucchini cut in half lengthwise, then cut into ½ inch, half-moon shapes

2 cups quartered ripe tomatoes (or grape tomatoes)

½ sweet onion, minced (or red onion to add color)

3 cloves garlic, minced

½ teaspoon crushed red pepper flakes

¼ cup olive oil

Salt and pepper to taste

½ cup grated Parmesan cheese

1 tablespoon garlic powder

1 tablespoon chopped fresh basil

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1. Preheat oven to 450°. Lightly oil a 9x13 inch baking dish.
2. Combine the zucchini, tomatoes, onion, garlic and red pepper flakes in the prepared baking dish. Drizzle with the olive oil, season with salt and pepper, and mix well. In a separate small bowl, combine the Parmesan cheese, garlic powder and fresh basil. Set aside.
2. Roast vegetables until tender and slightly golden, about 18 minutes. Remove from oven; sprinkle with the Parmesan mixture. Serve warm or at room temperature. Can puree any leftovers for a yummy salsa dip.

NUTRITIONAL INFORMATION (PER SERVING):

Calories: 204

Total fat: 16.8g

Saturated Fat: 3.7g

Fiber: 2.4g

Sugar: 4.8g

Protein: 5.9g

Sodium: 262mg

Calcium: 180mg

Magnesium: 40mg

Potassium: 440mg