Nourish Your Healthy Life

Italian Vegetarian Casserole
Cooking time: 35-40 minutes
Serves: 8

Ingredients

2 large zucchini, sliced lengthwise to make thin planks
1 large yellow crook neck squash, sliced lengthwise to make thin planks
2 large tomatoes, sliced
2 cups sliced mushrooms
1 large yellow or white onion, thinly sliced into rings
2 cups white cheddar, raw organic cheese, grated
2 cups gruyere cheese, raw organic, grated
3 Tbsp. Herbs de Provence (divided)
Sea salt and pepper to taste

Directions

1. Lightly coat the bottom of a 9x13 baking dish with avocado oil.
2. Toss cheeses together so they are combined.
3. Place zucchini and yellow squash planks in a single layer on the bottom alternating, zucchini and squash.
4. Add a layer of sliced mushrooms, onions and then sliced tomatoes.
5. Sprinkle lightly with salt and pepper, then cover evenly with 1 Tbsp. Herbs de Provence.
6. Cover layer with 1/3 of the cheese mixture.
7. Repeat each step for three layers, finishing with cheese.
8. Bake at 350 degrees until cheese becomes lightly browned and melted.
9. Allow to rest for 10 minutes before cutting and serving.

Note: Drain excess liquid from dish before storing leftovers in the refrigerator.