

RANCH BAKED SQUASH & ZUCCHINI



INGREDIENTS

- 2 yellow squash
- 3 zucchinis
- foil
- 1/2 sweet onion
- ranch packet

INSTRUCTIONS

1. Preheat oven to 375°F. Line baking sheet with foil and coat with cooking spray.
2. Rinse squash, zucchini, and onions and slice them evenly in 1/2 inch pieces
3. Spread evenly on sheet and sprinkle ranch packet over the veggies
4. Bake for 20 minutes then flip veggies over and add more ranch on top.
5. Place back in oven for 15 mins or until veggies have fully browned and softened.



NUTRITION FACTS

Serving Size: 1

Number of Servings: 6

Calories	52
Total fat	0.4 g
Saturated fat	0.2 g
Cholesterol	0 mg
Sodium	250 mg
Total carbohydrates	7 g
Dietary fiber	2 g
Sugar	5 g
Protein	2.2 g
Calcium	2.8%
Iron	3%
Potassium	427 mg
Vitamin A	3.5%
Vitamin C	49.3%

