



Zucchini with Onions

Instructions:

Place the zucchini and onions in a pan and add the seasoned salt & pepper.

Preheat oven to 350 and bake uncovered for 30 minutes.

Unlimited on the lean protein diet

Prep Time:

5 minutes

Cook Time:

30 minutes

Ingredients:

1 large zucchini - cut into spears

1 medium onion - sliced
seasoned salt & pepper to taste