

You're going to love this easy zucchini casserole! Deliciously cheesy, low in carbs and keto friendly, this zucchini bake makes a wonderful summer side dish that even the kids will love. A great way to use up that bounty of summer squash.

INGREDIENTS:

- 2 medium zucchini, quartered and chopped (about 4 cups)
- 2 tablespoon butter cut into small pieces
- 3 large eggs
- ¼ cup heavy cream
- ¼ cup chopped onion
- ½ teaspoon salt
- ½ teaspoon pepper
- 6 ounces shredded cheddar, divided (about 1 ½ cups)
- ¼ cup grated Parmesan cheese
- ¼ cup finely crushed pork rinds (or parmesan crisps)



INSTRUCTIONS:

1. Bring a large pot of lightly salted water to a boil. Add the zucchini and cook until just tender, about 4 minutes. Drain well in a colander.
2. Preheat the oven to 350F. Grease a 9-inch round or 8-inch square ceramic baking dish. Spread the zucchini in the pan and dot with pieces of butter.
3. In a large bowl, whisk together the eggs and cream. Stir in the onions, salt, and pepper, and half of the cheddar cheese. Pour over the zucchini.

4. Sprinkle the top with the remaining cheddar, the parmesan, and the pork rinds. Bake 35 minutes, until bubbly and the edges are nicely browned. Sprinkle with chopped basil, if desired.

Storage Information: Store the casserole in the fridge, tightly wrapped up, for up to 4 days. If you plan to freeze it, let the zucchini bake cool completely and then wrap up tightly. It should last up to 2 months.

NUTRITION

Zucchini Casserole Recipe

Amount Per Serving (1 serving = 1/6th of recipe)

Calories 195Calories from Fat 130

% Daily Value*

Fat 14.4g 22%

Carbohydrates 2.8g 1%

Fiber 0.6g 2%

Protein 10.4g 21%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.