

# Low-Point Vegetable Cheese Bake

## Ingredients:

- 2 Roma tomatoes, sliced
- 2 small yellow squash, sliced
- 2 small potatoes, sliced
- 1 small orange pepper, sliced in thin strips (I used 1/2 of an orange pepper)
- 1 carrot, thinly sliced (or a bag of carrot chips)
- 1/4 cup diced onions
- 2 cloves of garlic, diced
- 3 Tbs olive oil
- 1 tsp. sea salt
- 1/2 tsp. fresh pepper
- 1/4 cup parmesan cheese
- 1/4 cup reduced-fat shredded mozzarella cheese

Preheat oven to 350 degrees. In an 8-inch by 8-inch baking dish, in single file, line the vegetables in three rows, alternating vegetables (leaving out the onions and garlic). Lay the sliced orange peppers along the sides of the baking dish. Toss diced onions and garlic on top of the vegetables. Drizzle with olive oil; sprinkle with salt, pepper, and parmesan. Bake, covered, for one hour, or until potatoes and carrots can easily be pierced with a fork. Remove from oven, remove foil, and sprinkle with mozzarella. Recover with foil and let set until mozzarella melts into the vegetables. Enjoy!

Total servings - 8

Serving size - 1

Points per serving - 2

Points plus per serving - 2

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"The secret of getting ahead is getting started." - Mark Twain***