Zucchini Au Gratin

Ingredients:
- 2 zucchini
- 1 onion
- 2 tablespoons water
- 3 tablespoons parmesan cheese, grated

Equipment:
- Cutting Board
- Knife
- Measuring cups
- Measuring spoons
- Microwave safe dish with lid

Directions
1. Wash zucchini and cut off ends. Cut thin slices and add to microwave safe dish.
2. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other for slices. Add to dish.
3. Add water to dish. Cover and cook for three minutes.
4. Remove cover and stir, microwave again for three minutes, or until desired doneness.
5. Sprinkle with cheese, toss lightly.

Nutrition Facts
- Serving Size: 1/2 cup
- Servings: 4
- Calories 53
- Calories from Fat 27
- Total Fat 1g
- Saturated Fat 0g
- Cholesterol 0mg
- Sodium 4mg
- Total Carbohydrate 5g
- Dietary Fiber 2g
- Protein 3g
- Vitamin A 7%
- Vitamin C 18%
- Calcium 7%
- Iron 3%

Number of Servings: 4
Prep Time: 15 minutes
Total time: 15 minutes

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