



### *Mexican Roasted Zucchini*

- 48 oz Zucchini, large dice
- 18 oz Onion, large dice
- 1 ½ tbsp Olive Oil
- ¾ tsp Chili powder
- ¾ tsp Garlic Powder
- ¾ tsp Salt
- ¾ tsp Pepper
- ¼ tsp Cayenne Pepper
- 1-2 Limes, juiced
- 3 tbsp Fresh Cilantro, chopped)

Preheat oven to 425°F and line pan with nonstick foil or parchment paper. In a large bowl, mix the zucchini, onion, olive oil and seasonings until well coated. Spread on baking sheet and roast for 25 minutes, or until veggies begin to brown. Sprinkle with lime juice and cilantro, if desired.

**Want to add to MFP?** Search MGL Mexican Roasted Zucchini in the food database.

*Inspired by Bowl of Delicious*

### *Recommendations from Mama G –*

To hit the MGL Template, serve with SGC, protein, and fat of your choice. Enjoy!

### *Recipe Details*

6 servings                      88 calories/serving  
 0 calories SGC                75 calories NSV  
 16 grams Carb / 2 grams Fat / 3 grams Protein

<b>Dinner</b>	<b>401</b>
Carbs 45.8g · Fat 10.9g · Protein 23.6g	
Mexican Roasted Zucchini completed 1 serving(s)	88
White Corn Tortilla Guerrero, 2 Tortillas	110
Shrimp, raw MGL, 3 oz	72
Organic Cantina Salsa Jack's, 0.2 cup 60 ml	15
Olive Oil MGL, 0.5 tsp	20
Avocado, raw MGL, 48 gram	96

<b>Dinner</b>	<b>402</b>
Carbs 44.2g · Fat 10.9g · Protein 28.3g	
Mexican Roasted Zucchini completed 1 serving(s)	88
Organic Cantina Salsa Jack's, 0.2 cup 60 ml	15
Olive Oil MGL, 0.5 tsp	20
Chicken Thigh, Boneless, Skinless, raw MGL, 3 oz	102
Pinto Beans, no salt MGL, 5 oz	117
Avocado, raw MGL, 30 gram	60