

[Jump to Recipe](#) · [Print Recipe](#)

## Introduction:

Discover the perfect combination of nutrition and flavor with Loaded Zucchini Bake. This low-carb delight features zucchini rounds, tomatoes, bacon, fresh herbs, and cheddar cheese, all baked to perfection. Ideal as a side or main dish, it's a flavorful and healthy option that's easy to prepare.

## Ingredients:

- 4 medium-sized zucchinis, sliced into rounds
- 2 tomatoes, chopped (or cherry tomatoes)
- 1/2 onion, chopped
- 1 cup shredded cheddar cheese
- 6 slices of bacon, cooked and crumbled
- Olive oil
- 1/4 cup chopped fresh herbs (such as parsley, thyme, or basil)
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
  
- Prep Time: 15 minutes
- Cook Time: 30 minutes
- Total Time: 45 minutes
- Yield: Serves 4

## Instructions:

### 1. Preheat and Grease:

- Preheat your oven to 375°F (190°C). Grease a casserole dish with olive oil and set it aside.

### 2. Sauté the Onion:

- In a skillet, heat a bit of olive oil over medium heat. Add the chopped onion and cook until it becomes translucent and fragrant.

### 3. Prep the Zucchini Mixture:

- In a large bowl, combine the sliced zucchini rounds, chopped tomatoes, crumbled bacon, chopped fresh herbs, garlic powder, salt, and pepper. Toss everything together to ensure the ingredients are evenly distributed.

### 4. Transfer to Casserole Dish:

- Transfer the zucchini mixture into the greased casserole dish, spreading it out evenly.

### 5. Add Cheese Topping:

- Sprinkle the top of the mixture with shredded cheddar cheese, creating a flavorful and cheesy crust.

### 6. Bake to Perfection:

- Place the casserole dish in the preheated oven and bake for about 25-30 minutes. Keep an eye on it until the zucchini becomes tender, and the cheese melts and turns a beautiful golden brown.

### 7. Cool and Serve:

- Once done, remove the Loaded Zucchini Bake from the oven and let it cool for a few minutes before serving.

## Variations & Tips:

- **Veggie Variations:** Feel free to add other veggies like bell peppers, mushrooms, or spinach for extra color and nutrition.
- **Protein Swap:** Experiment with different proteins such as diced cooked chicken or tofu for a satisfying main course.
- **Fresh Herbs:** Use your favorite fresh herbs to enhance the dish's flavor; thyme, basil, or parsley work wonderfully.
- **Customize Spices:** Adjust the garlic powder, salt, and pepper quantities to match your taste preferences.

This Loaded Zucchini Bake is a delightful combination of health-conscious ingredients and robust flavors. It's perfect as a side dish or can shine as a hearty main course. Pair it with a

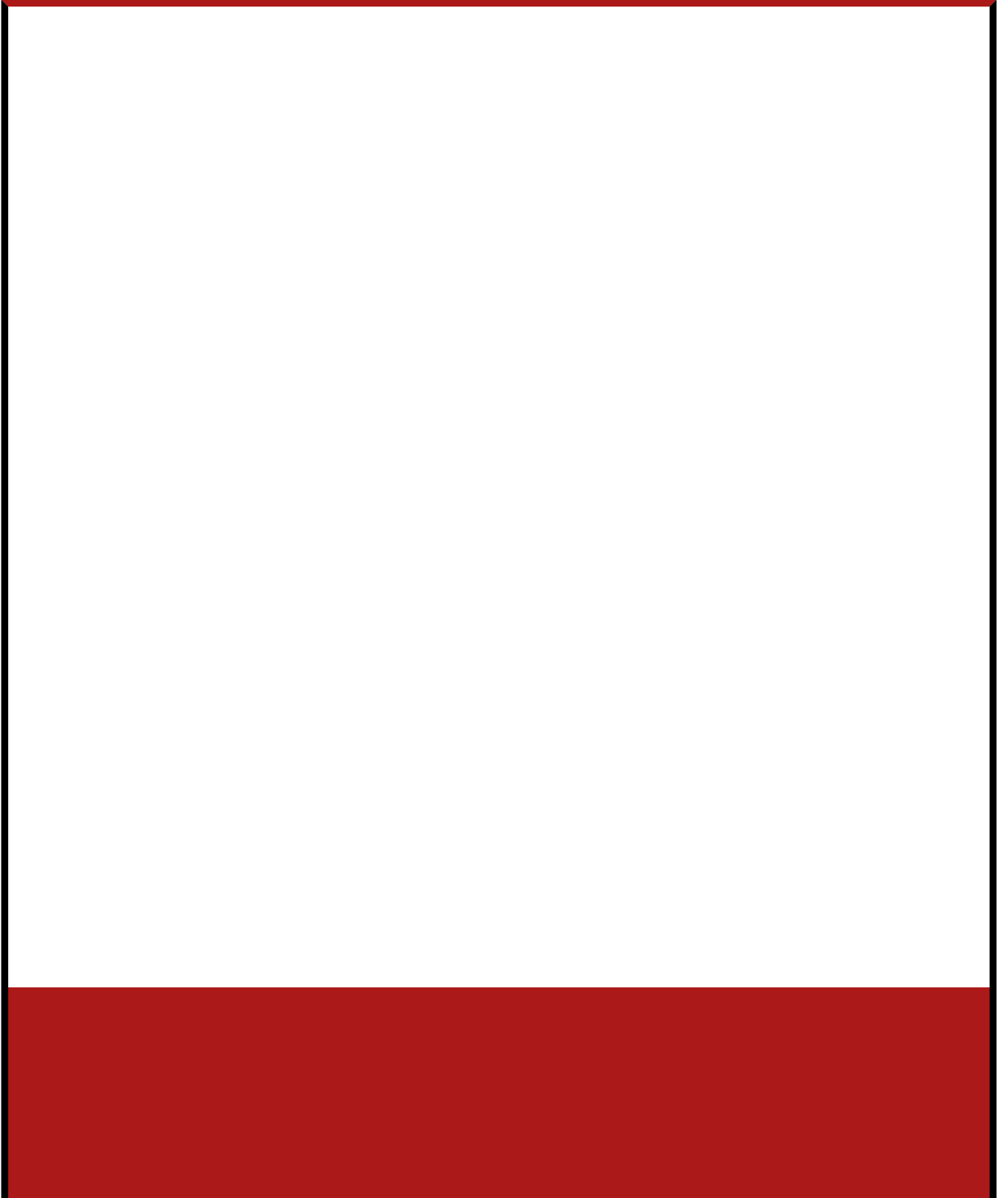
crisp salad or some crusty bread for a complete and satisfying meal that will leave your taste buds singing with joy.

## Conclusion

In conclusion, Loaded Zucchini Bake is a delicious testament to the marriage of nutrition and flavor. This low-carb dish features zucchini rounds, tomatoes, bacon, fresh herbs, and cheddar cheese, all beautifully baked to perfection. Whether served as a side or a standalone delight, it offers a hearty and wholesome culinary experience.

With its straightforward preparation and room for customization, this recipe suits various tastes and dietary preferences. Feel free to add your favorite vegetables, proteins, or herbs to make it uniquely yours. Loaded Zucchini Bake is not just a meal but a celebration of vibrant ingredients that elevate your dining experience.

So, embark on your culinary journey with this flavorful creation and relish in the delicious results. Loaded Zucchini Bake is sure to become a cherished addition to your repertoire of wholesome and satisfying dishes. Enjoy the wholesome goodness with every bite!





# Loaded Zucchini Bake: Nutritious and Flavorful

---

*Author:* Elowen Thorn

*Total Time:* 45 minutes

*Yield:* Serves 4

## PRINT RECIPE

Discover the perfect combination of nutrition and flavor with Loaded Zucchini Bake. This low-carb delight features zucchini rounds, tomatoes, bacon, fresh herbs, and cheddar cheese, all baked to perfection. Ideal as a side or main dish, it's a flavorful and healthy option that's easy to prepare.

### Ingredients



4 medium-sized zucchinis, sliced into rounds  
2 tomatoes, chopped (or cherry tomatoes)

1/2 onion, chopped  
1 cup shredded cheddar cheese  
6 slices of bacon, cooked and crumbled  
Olive oil  
1/4 cup chopped fresh herbs (such as parsley, thyme, or basil)  
1/2 teaspoon garlic powder  
Salt and pepper to taste

### Instructions

1. Preheat and Grease:
  - Preheat your oven to 375°F (190°C). Grease a casserole dish with olive oil and set it aside.
2. Sauté the Onion:
  - In a skillet, heat a bit of olive oil over medium heat. Add the chopped onion and cook until it becomes translucent and fragrant.
3. Prep the Zucchini Mixture:
  - In a large bowl, combine the sliced zucchini rounds, chopped tomatoes, crumbled bacon, chopped fresh herbs, garlic powder, salt, and pepper. Toss everything together to ensure the ingredients are evenly distributed.
4. Transfer to Casserole Dish:
  - Transfer the zucchini mixture into the greased casserole dish, spreading it out evenly.
5. Add Cheese Topping:
  - Sprinkle the top of the mixture with shredded cheddar cheese, creating a flavorful and cheesy crust.
6. Bake to Perfection:
  - Place the casserole dish in the preheated oven and bake for about 25-30 minutes. Keep an eye on it until the zucchini becomes tender, and the cheese melts and turns a beautiful golden brown.
7. Cool and Serve:
  - Once done, remove the Loaded Zucchini Bake from the oven and let it cool for a few minutes before serving.

**Notes**

**Veggie Variations:** Feel free to add other veggies like bell peppers, mushrooms, or spinach for extra color and nutrition.

**Protein Swap:** Experiment with different proteins such as diced cooked chicken or tofu for a satisfying main course.

**Fresh Herbs:** Use your favorite fresh herbs to enhance the dish's flavor; thyme, basil, or parsley work wonderfully.

**Customize Spices:** Adjust the garlic powder, salt, and pepper quantities to match your taste preferences.

*Prep Time:* 15 minutes

*Cook Time:* 30 minutes

**Did you make this recipe?**

Share a photo and tag us — we can't wait to see what you've made!

[@savorydiscovery](https://www.instagram.com/savorydiscovery)