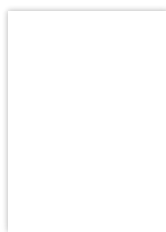


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Zucchilattas



This is a great way to use some of the fresh garden vegetables abundant at this time of year. Zucchini, mushrooms, onion, and tomatoes are cooked until tender, wrapped in warm tortillas, topped with cheese and baked until bubbly.

Prep: 15 mins

Cook: 20 mins

Total: 35 mins

Servings: 10

Yield: 10 servings



Ingredients

2 tablespoons butter
1 ½ pounds sliced zucchini
1 pound mushrooms, sliced
1 onion, sliced
1 ½ pounds tomatoes, chopped
salt and pepper to taste

Directions

Step 1

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Step 2

Melt butter in a large skillet over medium heat. Mix together the zucchini, mushrooms, onion, tomatoes, salt and pepper, and add to the skillet. Cook and stir until the vegetables are soft.

Step 3

Warm the tortillas 2 to 3 minutes, until soft, in the preheated oven. Fill the warmed tortillas with zucchini mixture and

1 ½ pounds Monterey Jack
cheese, shredded

10 (10 inch) flour tortillas

Monterey Jack cheese, reserving some of both for toppings. Roll the filled tortillas and place them seam side down in the baking dish. Cover with the remaining zucchini mixture. Top with remaining cheese.

Step 4

Bake in the preheated oven 15 minutes, or until the cheese is bubbly.

Nutrition Facts

Per Serving: 537 calories; protein 25.6g; carbohydrates 44.9g; fat 28.9g; cholesterol 66.7mg; sodium 852.2mg.

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