

## Corn, Zucchini and Tomato Pie

1 cup zucchini (sliced into 1/8-inch thick pieces)  
1 cup tomatoes (sliced into 1/8-inch thick pieces)  
3/4 cup corn (frozen, thawed)  
1 tsp. lemon juice  
1 tsp. dill weed (chopped)  
1/8 tsp. salt  
1/4 tsp. ground black pepper  
3 Tbsp. Parmesan cheese (grated)  
1/4 cup whole-wheat breadcrumbs  
Nonstick cooking spray

### Preparations

1. Heat oven to 350 F.
2. Lightly coat an 8-by-8-inch baking dish with nonstick cooking spray.
3. Place zucchini slices in the bottom of the baking dish. Then, cover the zucchini slices with the tomato slices and top them with corn.
4. Sprinkle lemon juice evenly over the vegetables.
5. In a small bowl, combine the dill, salt, black pepper, Parmesan cheese and breadcrumbs.
6. Sprinkle this mixture evenly over the vegetables and lightly spray the top with nonstick cooking spray.
7. Cover with foil and bake for 25 minutes or until zucchini is tender.
8. Cut into six even pieces and serve.

Makes: 6 servings

### Nutritional Information (per serving)

Total Calories	52
Total Fat	1 g
Protein	2 g
Carbohydrates	9 g
Dietary Fiber	1 g
Saturated Fat	1 g
Sodium	171 mg
Total Sugars	N/A