

Zucchini Au Gratin



Full recipe provides 1.8:1 ratio

2102 calories, 69.85 grams protein, 39 grams net carbohydrates, 8.36 grams fiber, 187.51 grams fat

Zucchini, raw, sliced	800g
Heavy cream, 36%	240g
Cheddar cheese, Cabot	115g
Butter	45g
Parmesan cheese, 100% grated	90g (divided, 70g and 20g)
Garlic powder	4g
Salt + pepper	to taste

Equipment needed: 9x9 or 8x8 baking dish, sharp knife, cutting board, small sauce pan, whisk

1. Gather and weigh all ingredients, preheat oven to 375°F.
2. On paper towels, line sliced zucchini and sprinkle with salt, let sit out for 20-30 minutes to remove moisture, pat dry with paper towels.
3. Use 10g of butter to grease baking dish then arrange zucchini as desired.
4. In a small saucepan on medium heat, melt rest of butter and garlic powder together (add salt and pepper here if desired).
5. Once fragrant and melted, whisk in heavy cream, then add cheddar and 70g parmesan cheese. Whisk to combine.
6. Pour sauce over the zucchini evenly, sprinkle with remaining 20g parmesan cheese.
7. Bake for 15-20 minutes until cheese is brown and zucchini looks soft around edges.
8. Serve immediately + enjoy.

Note - If you are making this dish to be eaten later, follow instructions through #6, cool, wrap in tin foil and store in refrigerator (no more than 3 days) until ready to bake.

When brand names are listed, it is due to the variation of protein, carbohydrate, and fat amounts. Using an alternative brand from what is listed may impact the overall ketogenic ratio and seizure control.



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