

Zucchini Bread Recipes

Crispy Zucchini Carrot Potato Bake

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Vegetables

- [ ] 2 medium zucchinis, thinly sliced
- [ ] 3 large carrots, peeled and thinly sliced
- [ ] 2 large Russet potatoes, peeled and very thinly sliced
- [ ] 3 cloves garlic, minced

Seasoning and Oil

- [ ] 1/4 cup extra virgin olive oil
- [ ] 1 teaspoon fresh thyme leaves (or 1/2 tsp dried)
- [ ] 1 teaspoon kosher salt
- [ ] 1/2 teaspoon black pepper
- [ ] 1/4 cup grated Parmesan cheese
- [ ] 2 tablespoons chopped fresh parsley for garnish

Instructions

1. Preheat your oven to 400°F (200°C). Place the sliced potatoes in a bowl of cold water and let them soak for about 10 minutes. This helps remove excess starch. Meanwhile, slice the zucchini and carrots.
2. Drain the potatoes well and pat ALL the vegetable slices thoroughly dry with a clean kitchen towel. In a large bowl, toss the zucchini, carrot, and potato slices with the olive oil, minced garlic, thyme, salt, and pepper until everything is evenly coated.
3. Arrange the vegetable slices vertically or in slightly overlapping layers in a greased 9x9 inch baking dish or a cast-iron skillet. You can mix them up or keep them in patterns—it's up to you. Drizzle any remaining oil from the bowl over the top.
4. Cover the dish tightly with foil and bake for 30 minutes. This initial steam will cook the vegetables until they're tender.
5. Carefully remove the foil. Sprinkle the Parmesan cheese evenly over the top. Return the dish to the oven, uncovered, for another 15-20 minutes, or until the top is golden brown and the edges are crisp.
6. Let the bake rest for about 10 minutes before serving. This allows the layers to set. Garnish with fresh chopped parsley and serve warm.

Nutrition per serving

180 kcal	4 g	20 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a richer flavor, you can use a mix of olive oil and a little melted butter.
- If you love cheese, try adding a thin layer of mozzarella or Gruyère under the Parmesan for the last 10 minutes of baking.
- This is a great base recipe—feel free to add other herbs like rosemary or oregano.