

Light Zucchini Gratin



A favorite of our dietitians, this zucchini gratin is a revisited classic with a lighter version, just as comforting and flavorful. Tender zucchini, slightly tangy goat cheese, and golden mozzarella create a perfect balance of freshness and indulgence. To discover other simple ways to incorporate more vegetables into your daily life, check out our article [4 tips for incorporating an abundance of vegetables into your plate](#).

Preparation 15 min

Cooking 25 min

Waiting 20 min

Servings 6

Ingredients

- 3 medium zucchini, sliced into rounds
- 5 ml (1 tsp) salt
- 60 g (2 oz) fresh goat cheese 9% M.F.
- 45 ml (3 tbsp) milk 0 to 2% M.F.
- 2 cloves garlic (10 ml/ 2 tsp), minced
- 10 ml (2 tsp) onion powder
- 175 g (6 oz) grated mozzarella 15% M.F.
- Olive oil spray

1. Place the zucchini rounds in a colander and mix with salt (to extract excess water). Let rest for at least 20 minutes.
2. Preheat the oven to 400 °F (200 °C). Carefully pat the zucchini dry with paper towels (this is essential to avoid a runny gratin).
3. In a bowl, mix the goat cheese, milk, garlic, and onion powder.
4. Lightly oil a baking dish. Arrange the zucchini rounds in layers (or in a circle), add the goat cheese and milk mixture, then top with mozzarella.
5. Bake, uncovered, for 25 minutes, until the top is golden and bubbling and the zucchini is tender.
6. Let rest for a few minutes before serving to allow the gratin to set.

Notes

Stores for up to 3 days in the refrigerator and up to 3 months in the freezer in an airtight container.



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