

Zucchini Parmesan

INGREDIENTS:

1 med onion, chopped
1 lge zucchini, 1 inch squares
1 red pepper, diced
2 cloves garlic, minced
1 tsp oregano
1 tbsp. basil
Salt & pepper to taste
2 cups tomato sauce
½ cup panko
½ cup parmesan
2 tbsp. oil

Procedure

Preheat oven to 375 degrees
Sauté onion until translucent
Add zucchini pepper, garlic, and seasonings
Cook until zucchini starts to release liquid
Add tomato sauce and simmer to reduce liquid
Put mixture in casserole dish
Toss panko, oil and parmesan together
Sprinkle panko mixture on top of casserole
Bake until golden!



Gratitude. People who regularly **practice gratitude** by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems.

Tips:

- 1. Each day, think of 3 things you are grateful for.** Shelter, food, friends, warm, etc.
- 2. Start a gratitude journal.** This will help you notice positive things.
- 3. Practice gratitude rituals.** Notice and appreciate special moments at the same time every day. E.g. morning coffee, evening meal.