

## Ham and Zucchini Italiano

### Ingredients:

Cooking spray

3 medium zucchini

1 Tablespoon olive oil

1 teaspoon dried basil

½ pound deli ham, sliced thin

2 cups spaghetti sauce

1 cup shredded mozzarella cheese

Salt and pepper, to taste

### Directions:

1. Preheat oven to 450°. Grease 8" by 8" baking dish with cooking spray.
2. Rinse zucchini and slice into ¼ inch slices.
3. In a large skillet, sauté zucchini in oil until crisp-tender. This may be easiest to do in two batches. Sprinkle with basil, salt and pepper.
4. Place half of the zucchini in the greased baking dish. Layer with half of the ham, spaghetti sauce and cheese. Repeat layers.
5. Bake, uncovered, 10-12 minutes or until heated through and cheese is melted. Enjoy!

Recipe with slight adjustments from *Taste of Home*

<https://www.tasteofhome.com/recipes/ham-zucchini-italiano/>

*Featured on "Kids in the Kitchen" April 30, 2020*

*For more information, please contact:*

*Emily Marrison, Family and Consumer Sciences Educator*

*Coshocton County OSU Extension*

*740-622-2265 or [marrison.12@osu.edu](mailto:marrison.12@osu.edu)*



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis.  
For more information, visit [cfaesdiversity.osu.edu](https://cfaesdiversity.osu.edu)