



Eat Your Veggies Without A Fight: Easy Zucchini Italiano Recipe

This Zucchini Italiano is loaded with zucchini and squash simmered in onions, garlic tomatoes, and cozy Italian herbs, then finished with a smart combination of nutritional yeast and just a touch of Parmesan. The result is a dish that tastes far cheesier than it actually is, with a rich, savory depth that makes every bite deeply satisfying.

It's healthy, comforting, and full of nourishing goodness—served as a main or a hearty side dish, and perfect for feeding a crowd or setting yourself up for success as meal prep. Hearty without being heavy, comforting without regret, and exactly the kind of vegetable-forward dish that makes getting your veggies feel effortless.

Watch the YouTube demo to see how easy this dish comes together.

Let's go....

Ingredients

- 1 cup vegetable broth, divided
- 1 large yellow onion, halved then sliced
- 2 cloves garlic, chopped or grated
- 1 fire-roasted whole red pepper, sliced
- 3 zucchini, sliced into rounds
- 3 crookneck yellow squash, sliced into rounds
- ¼ cup fresh basil, roughly chopped (plus more for topping)
- 1 (28-oz) can San Marzano tomatoes with sauce, roughly chopped
- 1½ cups fresh tomatoes, chopped (cherry or grape tomatoes halved)
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 Tbsp Italian seasoning
- 2 Tbsp soffritto seasoning
- ½ cup nutritional yeast
- ¼ cup grated Parmesan cheese

Instructions

1. Preheat oven to 350°F.
2. Heat ½ cup vegetable broth in an extra-large sauté pan over medium heat. Add sliced onion and cook until opaque. For caramelized onions, cook 7–10 minutes, stirring occasionally.
3. Add ¼ cup broth, then add garlic and sliced red pepper. Cook 1–2 minutes until fragrant.
4. Add remaining ¼ cup broth, then add zucchini and yellow squash. Stir well and simmer about 10 minutes, until vegetables begin to soften.
5. While the vegetables simmer, chop the fresh basil (see my easy basil-chopping technique in the YouTube video).
6. Add fresh tomatoes and stir well.
7. Add garlic powder, onion powder, Italian seasoning, and soffritto seasoning. Mix thoroughly.

8. Add San Marzano tomatoes and sauce. Reduce heat slightly and simmer another 10 minutes, stirring occasionally.
9. Stir in nutritional yeast until fully combined.
10. Transfer mixture to a 13×9 baking dish.
11. Sprinkle Parmesan cheese evenly over the top, then finish with fresh basil.
12. Bake 10–15 minutes, just until the cheese melts. Watch closely so the basil doesn't get crunchy.

Bon Appetit!