

Ingredients:

- 1 1/4 pounds zucchini (about 3 medium zucchini)
- 1/2 teaspoon olive oil
- 1 tablespoon dried oregano
- 2 cloves garlic, finely chopped
- 1 teaspoon grated lemon peel
- 1 Tablespoon grated Parmesan cheese
- 1/4 teaspoon ground black pepper



Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Wash zucchini with water.
3. Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.
4. Heat oil in a heavy nonstick skillet over medium-high heat.
5. Add oregano and garlic, and sauté for about 2 minutes.
6. Add zucchini and lemon peel, and sauté for about 3 minutes until zucchini is lightly browned.
7. Mix in Parmesan cheese and pepper.
8. Serve warm.

Nutrition Facts (Per Serving)

calories, 39; carbohydrate, 4g; protein, 4g; total fat, 1g; saturated fat, 0g; trans fat, 0g; cholesterol, 2mg; fiber, 2g; total sugars, 0g; sodium, 25mg; calcium, 56mg; folate, 24mcg; iron, 1mg; percent calories from fat, 33%.

Recipe adapted from Network for a Healthy California

Makes 5 servings, 1 cup per serving.



Zucchini Sauté

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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