

August Recipe



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

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Zesty Zucchini and Tomatoes

Ingredients:

- 2 Tbsp. butter (May substitute margarine or olive oil)
- ¼ cup onion (chopped)
- 1 clove garlic (chopped)
- 1 pound zucchini or other summer squash (cut into bite sized pieces or 'coins')
- 2 tomatoes (diced)
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 tsp. sugar

YIELD: 4 servings

Instructions:

- 1) Melt butter in saucepan over medium heat.
- 2) Add onions and garlic.
- 3) Cook until tender, about 5 to 7 minutes.
- 4) Add zucchini, tomatoes, and seasonings.
- 5) Reduce heat.
- 6) Cook until vegetables are tender without overcooking, about 5 to 10 minutes.

Substitutions/Additions:

- To reduce saturated fat, use a soft margarine or liquid oil, such as olive oil.
- Add a dash of herbs (basil, oregano, or chives) for a truly garden-fresh side dish.
- For a zestier mix, season with fresh or dried chili peppers.

Nutrition Analysis:

Serving Size: 1/2 cup

Calories: 100

Total Fat: 6 g

Calories from Fat: 61%

Saturated Fat: 3.0 g

Trans Fat: 0.0 g

Total Carb: 10 g

Dietary Fiber: 2.0 g

Sodium: 200 mg

Protein: 2 g

Calcium: 30 mg

Iron: 0.6 mg

Recipe Source

Permission granted through
Pennsylvania Nutrition Education
Network (PA NEN)

<http://panen.psu.edu/>