



# Italian Zucchini Skillet

Makes 7 servings



- |                                   |                                  |                                |
|-----------------------------------|----------------------------------|--------------------------------|
| 1 tablespoon water                | 2 tomatoes, washed and sliced    | 1/2 teaspoon oregano           |
| 4 cups washed and sliced zucchini | 1 green pepper, washed and diced | 1/4 teaspoon garlic powder     |
| 1 cup onion, sliced               | 1/8 teaspoon pepper              | 1/2 cup grated Parmesan cheese |

**Directions:**

1. Wash and slice vegetables.
2. Heat water in frying pan over medium heat. Add zucchini, onion, tomatoes, green pepper and spices. Stir.
3. Cook covered for about 10 minutes until tender.
4. Sprinkle with cheese and serve.

**Variations:**

Yellow summer squash can be used instead of zucchini. Using half summer and half zucchini squash is also tasty.

**Serving suggestions:**

Serve over white or brown rice or white or whole wheat pasta.

**Recipe from:** Eating Right is Basic, MSU Family and Consumer Sciences

<b>Nutrition Facts</b>			
Serving Size (152g)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories 50</b>	<b>Calories from Fat 15</b>		
<b>% Daily Value*</b>			
<b>Total Fat 2g</b>	<b>3%</b>		
Saturated Fat 1g	5%		
Trans Fat 0g			
<b>Cholesterol 5mg</b>	<b>2%</b>		
<b>Sodium 100mg</b>	<b>4%</b>		
<b>Total Carbohydrate 7g</b>	<b>2%</b>		
Dietary Fiber 2g	8%		
Sugars 4g			
<b>Protein 4g</b>			
<b>Vitamin A 15%</b>	<b>Vitamin C 45%</b>		
<b>Calcium 8%</b>	<b>Iron 4%</b>		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			