Extreme zucchini



Recipe credit

Adapted from the Fruits & Veggies — More Matters® Extreme Zucchini

About this recipe

Serves
4
Serving size
1/2 cup
Time to make
15 minutes preparation; 20 minutes cook time
Special criteria
Vegetarian recipes

Ingredients

- 1 cup zucchini, with skin, cut into 1 inch chunks
- 1 medium tomato, chopped into 1 inch chunks
- 1/4 cup yellow bell pepper, diced
- 1/4 cup onion, diced
- 1/2 tablespoon low-fat mayonnaise
- Optional: Salt and pepper
- Optional: Shredded parmesan cheese

Directions

1. Combine first 4 ingredients in a small saucepan.
2. Cook on medium-low heat until vegetables are tender, about 20 minutes, stirring occasionally.
3. Remove from stove top and mix in the mayonnaise.
4. Add salt and pepper to taste, if desired.

Tips and variations

Try substituting other types of summer squash and other colors of peppers for this recipe.

Experiment with flavors by adding herbs such as basil, marjoram, or thyme. Use 1/2 teaspoon dried or 1 1/2 teaspoon chopped fresh herbs.

Nutritional info

Calories
19
Total fat
0.4 g
Saturated fat

0.1 g
Cholesterol
0 mg
Sodium
22 mg
Total carbohydrates
4 g
Dietary fiber
1 g
Protein
1 g

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