



## Zucchini Sauté

*This vegetable side dish tastes lively and is fast to fix.*

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### **Makes 5 servings.**

*1 cup per serving.*

**Prep time:** 10 minutes

**Cook time:** 5 minutes

### **Ingredients**

- 1¼ pounds zucchini  
(about 3 medium zucchini)
- ½ teaspoon olive oil
- 1 tablespoon dried oregano
- 2 cloves garlic, finely chopped
- 1 teaspoon grated lemon peel
- 1 tablespoon grated Parmesan  
cheese
- ¼ teaspoon ground black  
pepper

### **Preparation**

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

***Nutrition information per serving:***

Calories 32, Carbohydrate 5 g, Dietary Fiber 2 g,  
Protein 2 g, Total Fat 1 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 1 mg, Sodium 31 mg