

RECIPES

Zucchini and Tomatoes



Ingredients (4 servings)

2 tablespoons butter or margarine
 1/4 cup onion, chopped
 1 garlic clove, chopped
 1 pound zucchini, chopped
 2 tomatoes, peeled and diced
 1/4 teaspoon salt
 black pepper to taste
 1 teaspoon sugar

Nutrition Information per serving:

90 calories, 6 g fat, 4 g sat fat, 2 g protein,
 8 g carbohydrates, 2 g fiber, 211 mg sodium

Instructions

1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
2. Melt butter in a saucepan over medium heat.
3. Add onion and garlic.
4. Cook until tender, about 5-7 minutes.
5. Add zucchini, tomatoes and seasonings.
6. Cover pan, reduce heat, and cook until vegetables are tender — about 20 minutes.

TOMATOES

Choose: smooth firm tomatoes with no cracks or soft spots.

Store: at room temperature. Once you cut them store them in the refrigerator.

How much? 1 large tomato = 1 cup chopped