Herbed Zucchini

Sauteeing vegetables with garlic and herbs is an easy way to create a flavorful side dish.

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
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<tbody>
<tr>
<td>2 tsp Olive Oil</td>
<td>10 mL</td>
</tr>
<tr>
<td>1 lb Zucchini, sliced into half moons</td>
<td>455 g</td>
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<tr>
<td>2 Tbsp Fresh Herb, such as Parsley or Thyme, minced</td>
<td>7 g</td>
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<tr>
<td>1/4 tsp Kosher Salt</td>
<td>1.5 g</td>
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<tr>
<td>To taste Black Pepper, ground</td>
<td>To taste</td>
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**Preparation:**
1. Gather all ingredients and equipment.
2. Heat a large nonstick skillet over medium-high heat and add the oil. Once hot, add the zucchini and cook, stirring occasionally, for about 5 minutes.
3. Once zucchini begins to brown, add the remaining ingredients. Cook for an additional 1-2 minutes.
4. Serve warm.

**Nutrition Facts on Reverse**
# Nutrition Facts

6 Servings

**Serving size** 2/3 cup

**Amount per serving**

**Calories** 35
- Calories from Fat 20

**Total Fat** 2 g
- Saturated Fat 0 g
- Trans Fat 0 g
- Monounsaturated Fat 0 g

**Cholesterol** 0 mg

**Sodium** 105 mg

**Total Carbohydrate** 3 g
- Dietary Fiber 1 g
- Total Sugars 2 g
  - Includes 0g Added Sugars

**Protein** 0 g

**Vitamin D** 0 %

**Calcium** 0 %

**Iron** 0 %

**Potassium** 7 mg

**Phosphorus** 1 mg