



Herbed Zucchini (Large Font)

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

U.S.

2 tsp

1 lb

2 tsp

1/4 tsp

To taste

Olive Oil

Frozen Sliced Zucchini, thawed

Italian Seasoning

Kosher Salt

Black Pepper, ground

Metric

10 mL

455 g

2.5 g

1.5 g

To taste

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

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 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
