

# ZESTY SKILLET ZUCCHINI

SERVES 6

This skillet goes great served over noodles or all alone. The refreshing taste will send your taste buds for a whirl.

## INGREDIENTS

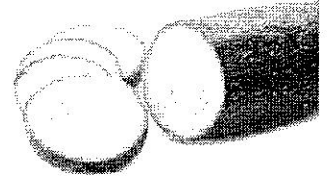
½ cup tomato juice	1-cup mushroom (canned)
¼ teaspoon black pepper	2 zucchini squash (medium)
1 onion (medium)	1-teaspoon basil
1 tomato (medium)	

## DIRECTIONS

1. Peel the onion. Chop it into small pieces.
2. Chop the tomato.
3. Drain the water from the can of mushrooms.
4. Cut each zucchini into thin slices.
5. Put the tomato juice and pepper in a skillet or pan. Cook on HIGH heat for 3 minutes.
6. Add the onion, tomato, and mushrooms.
7. Reduce the heat to MEDIUM-HIGH. Cover and cook for 5-7 minutes.
8. Add the zucchini. Cover and cook for another 5-7 minutes.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes.

**NUTRITIONAL INFO:** Serving Size: ¾ cup, Calories: 40, Fat: 0 grams (g), Sodium: 130 milligrams (mg), Protein: 2 grams (g).



## HELPFUL HINTS:

**USE LOW-SODIUM TOMATO JUICE.**

**AFTER OPENING THE MUSHROOMS RINSE THEM TO REDUCE THE AMOUNT OF SODIUM.**

**BASIL WORKS GREAT WITH THIS RECIPE, BUT FEEL FREE TO EXPERIMENT WITH DIFFERENT HERBS.**

**THE ONION CAN BE RED OR WHITE.**

## SIMPLY GOOD EATING



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♻️ Printed on recycled and recyclable paper with at least 10 percent postconsumer waste material. This material is funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income.