



## Herbed Zucchini

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

### U.S.

2 tsp  
1 lb  
2 Tbsp  
1/4 tsp  
To taste

Olive Oil  
Zucchini, sliced into half moons  
Fresh Herb, such as Parsley or Thyme, minced  
Kosher Salt  
Black Pepper, ground

### Metric

10 mL  
455 g  
7 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 on Reverse**

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## Nutrition Facts

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6 Servings

**Serving size**                      **2/3 cup**

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**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

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