

Zucchini Stir Fry

Makes 4 Servings

Ingredients:

1 tablespoon vegetable oil 1 medium onion
1 yellow squash
1 medium zucchini
1 red pepper
1/2 teaspoon black pepper 1/4 teaspoon basil
1/4 teaspoon oregano

Directions:

1. Peel the onion. Cut into thin slices.
2. Slice the yellow squash into thin round pieces.
3. Slice the zucchini into thin round pieces.
4. Cut the red pepper into small pieces.
5. Heat the oil in a frying pan or stir-fry pan.
6. Add the onion slices.
7. Cook over medium heat, stirring quickly for 1 minute.
8. Add the spices and stir a few times.
9. Add remaining ingredients and cook for 3 to 5 minutes until vegetables are just tender.

Calories 70, Total Fat 4g, Saturated Fat 0g, Cholesterol 0mg, Total Carbohydrates 8g Dietary Fiber 2g, Protein 2g

Family Conversation Starter:

What do you think about the latest news on _____?



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