

Skillet Zucchini


Ingredients:

- 1/2 cup low sodium tomato juice
- 1 medium tomato
- 1 cup mushrooms (canned or fresh)
- 2 medium zucchini squash
- 1 teaspoon basil (optional)



Directions:

- 1** Chop tomato into small pieces, no larger than 1/2 inch.
- 2** Chop mushrooms into small pieces, no larger than 1/2 inch.
- 3** Chop zucchini into small pieces, no larger than 1/2 inch.
- 4** Put the tomato juice and pepper in a skillet or saucepan.
Cook on high heat for 3 minutes.

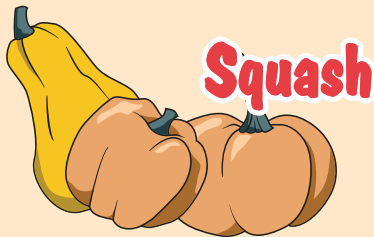
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Directions:

- 5 Add the tomato and mushrooms.
- 6 Turn down the heat to medium-high. Cover with a lid and cook for 5 minutes.
- 7 Add the zucchini. Cover and cook for another 5 minutes.

Tips:

Serve this dish over brown rice or whole wheat noodles, or alone as a side dish along with the main family meal.



Child Health Initiative for Lifelong Eating & Exercise