

Healthy Children, Healthy Family

Zucchini Stir-fry



Makes: 6 servings of ½ cup each

Preparation time: 20 minutes

Ingredients:

- 1 ½ lbs. zucchini (about 3 medium-sized)
- ½ tsp canola or olive oil
- 1 tsp dried oregano
- 2 cloves of garlic, finely chopped
- 1 Tbsp. grated lemon peel
- 1 Tbsp. grated parmesan cheese
- ¼ tsp black pepper

Instructions:

- 1) Cut the zucchinis in half. Next, cut each half into 4 pieces.
- 2) Heat the oil in a frying pan at medium heat.
- 3) Add oregano and garlic to pan and stir fry for 2 minutes.
- 4) Add the zucchini and lemon to pan and stir fry until zucchini are lightly browned (about 3 minutes).
- 5) Add the pepper and cheese. Serve hot.



Nutrition Facts

Serving Size (122g)
Servings Per Container

Amount Per Serving	
Calories 35	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 0g	

Protein 4g

Vitamin A 10% • Vitamin C 70%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal: We will try our best to
