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.

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


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