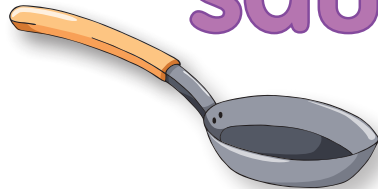




sauteed zucchini



- 5 small zucchini
- 1 medium onion
- 1 to 2 tablespoons olive oil or vegetable oil
- salt and black pepper
- grated Parmesan cheese



step 1 Cut the zucchini and onion into slices.

step 2 Heat oil in a large skillet. Add the zucchini and onion slices to the skillet. Cook over medium heat until they start to turn brown, about 4 to 6 minutes. Stir a couple times while cooking.

step 3 Season with salt and pepper. Turn off the stove, and sprinkle with Parmesan cheese.

Buy Local, Eat Local

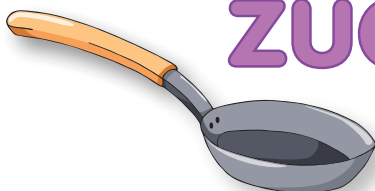
Visit your local Farmers' Market this summer!

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zucchini saltado



- 5 zucchini pequeños
- 1 cebolla mediana
- 1 to 2 cucharadas de aceite vegetal o de oliva
- sal y pimienta negra
- queso parmesano rallado



paso 1 Corte los zucchini y la cebolla en rodajas.

paso 2 Caliente el aceite en una sartén grande. Agregue las rodajas de zucchini y cebolla. Cocine a calor mediano hasta que comiencen a dorarse, entre 4 y 6 minutos. Mientras se cocina, mezcle dos o tres veces.

paso 3 Sazone con sal y pimienta. Apague la hornalla, y rocíe con queso parmesano.

Compre Local, Coma Local

¡Este verano haga frecuentes visitas a su mercado de frutos local!

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