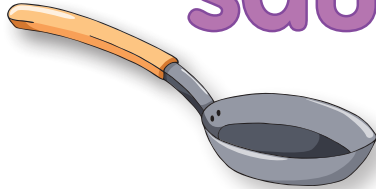




sauteed zucchini



- 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

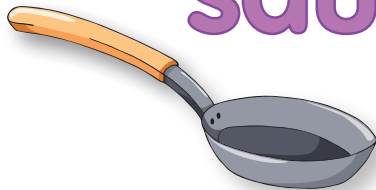
Visit your local Farmers' Market this summer!

Nutrition Matters™ - www.numatters.com

This tipsheet can be reproduced for educational purposes.



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!

Nutrition Matters™ - www.numatters.com

This tipsheet can be reproduced for educational purposes.