

zucchini stir fry

2 cups chopped zucchini 2 cups chopped peppers 1 cup chopped onion 1 tablespoon vegetable oil

2 teaspoons soy sauce
½ teaspoon
garlic powder
½ cup shredded
Parmesan cheese
(optional)

- Heat 1 tablespoon of vegetable oil in a large skillet.
- 2. Add chopped zucchini, chopped peppers and chopped onion.
- **3.** Stir and fry for 4 to 5 minutes.
- **4.** Season with soy sauce, garlic powder and grated parmesan cheese.





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