

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
 - ¼ cup shredded Parmesan cheese (optional)
1. 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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