

Farmer's Market 2004



Cooperative Extension
of Chemung County

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ESNY



Guiltless Zucchini

Makes 4 Servings

Nonstick Cooking Spray
4 medium Zucchini, sliced
1/3 cup chopped onion
4 cloves garlic

1/4 teaspoon dried oregano leaves
1/2 cup medium salsa
**1/4 cup (1 oz) shredded low fat
mozzarella cheese**

- 1. Coat large nonstick skillet with cooking spray; heat over medium heat until hot.**
- 2. Add zucchini; cook and stir 5 minutes. Add onion, garlic and oregano; cook 5 minutes more or until zucchini and onion are lightly browned.**
- 3. Stir in salsa. Bring just to a boil. Reduce heat to low; simmer 5 minutes more or until zucchini is crisp-tender.**
- 4. Sprinkle cheese on top; cover and cook 1 to 2 minutes or until cheese melts. Serve hot.**



Nutritional Information per Serving: Calories: 30, Total Fat: <1 g, Cholesterol: 2 mg, Sodium: 180 mg.

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