

Cheesy Zucchini

Recipe Type: Side dish

Serves: 4

Prep Time: 5 minutes

Cooking Time: 12 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 4 C zucchini thinly sliced
- ½ C onion sliced
- 2 T water
- 1 T butter
- 1 t pepper
- 1 T Italian seasoning
- 3 T low-fat cheddar cheese grated



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Put the first 6 ingredients, not the cheese, in a frying pan.
3. Cover and cook over medium heat for 1 minute.
4. Remove the cover and cook for about 10 minutes, flipping the veggies.
5. Add the cheese.
6. Enjoy!

Contains Milk

Nutrition Facts

4 servings per container
Serving size 1/2 Cup (140g)

Amount per serving

Calories 60

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 80mg 3%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 46mg 4%

Iron 1mg 6%

Potassium 350mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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