

Healthful Side Dishes Promote Good Eating!



Zucchini Squash Sauté

Serves: 6 | Serving Size: 1 cup

Ingredients:

2 large zucchini, sliced
2 large yellow squash, sliced
1/2 tablespoon olive oil
1/4 teaspoon black pepper
1/2 teaspoon dried tarragon
Parsley

Directions:

Heat oil in a nonstick skillet over medium heat.

Add zucchini and squash.

Sauté until tender, about 6 minutes.

Add seasonings and serve hot. Garnish with fresh parsley leaves.

Nutrition Information:

Serves 6. Each cup has 46 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 11 mg sodium, 7 g carbohydrate, 2 g dietary fiber, 5 g sugar, and 3 g protein.

Each serving also contains 8% DV vitamin A, 63% DV vitamin C, 3% DV calcium, and 5% DV iron.

Chef's Tips:

Use a mandoline to get those zucchini and squash slices nice and thin. If you don't have a mandoline, go ahead and practice your knife skills, slicing the veggies as thin as you can.

Did You Know?

Side dishes like this one are great ways to add more fruits and veggies to your diet. MyPlate supports the addition of more fruits and vegetables to the diet, asserting, "Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke [... and] may protect against certain types of cancers."

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