

Zucchini and Tomatoes

by Arkansas SNAP-Ed - August 02, 2021



This fresh take on a old classic is a tasty side for any main dish or serve over chicken and pasta for a complete MyPlate meal.

Serves 4



Ingredients



Directions



Nutritional Information



- 2 tablespoons butter or margarine
- 1/4 cup onion, chopped
- 1 garlic clove, chopped
- 1 pound zucchini, chopped
- 2 tomatoes, peeled and diced, or a 16-ounce can of diced tomatoes, drained
- 1/4 teaspoon salt
- black pepper (optional)
- 1 teaspoon sugar

1. Melt butter in a saucepan over medium heat.
2. Add onion and garlic.
3. Cook until tender, about 5 to 7 minutes.
4. Add zucchini, tomatoes and seasonings.
5. Cover pan, reduce heat, cook until vegetables are tender, about 20 minutes.

Calories 89

Fat 6g

Protein 2g

Fiber 2g

Sodium 158mg

Carbohydrate 8g

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