

# Zucchini and Tomatoes

## Ingredients:

- 1 small zucchini or summer squash, sliced 1/4 inch thick
- 1 small onion, sliced into 1/4 inch wedges
- 1 teaspoon olive oil (or other vegetable oil)
- 1 tablespoon water
- 2 small tomatoes or one large tomato, cut into small wedges
- 1/2 teaspoon garlic powder
- 1/8 teaspoon black pepper



Amount Per Serving	
<b>Calories 50</b>	<b>Calories from Fat 25</b>
% Daily Values*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 3g	
<b>Protein 1g</b>	
Vitamin A 8%	• Vitamin C 30%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Preparation:

1. Using a 9-inch skillet, cook zucchini and onion in oil over medium heat.
2. Add water as zucchini and onion start to stick to pan.
3. Add remaining ingredients and cook on low heat for 3 minutes or until zucchini has reached desired tenderness. Stir constantly to prevent sticking.

Makes two 1/2 cup servings