

Skillet Mexican Zucchini

Cook up a healthy and flavorful entrée or side dish in 15 minutes using a few simple ingredients, many of which may already be in your home! This savory recipe is sure to be a hit at your next summer barbeque!

Serves: 4 people
Total time: 15 minutes

Ingredients:

- ❖ 1 garlic clove, finely chopped
- ❖ 1 Tbsp. extra virgin olive oil
- ❖ 1 lb. zucchini, diced
- ❖ 1 large tomato, cored, seeded and diced
- ❖ 1 green onion, thinly sliced
- ❖ 1 Tbsp. minced fresh cilantro
 - Or Garden Gourmet cilantro paste
- ❖ 1 tsp. minced pickled jalapeño
- ❖ 1/2 cup crumbled queso blanco
 - Or queso fresco, cotija or feta
- ❖ 3 Tbsp. fresh lime juice, or to taste
- ❖ 1 tsp. salt, or to taste
- ❖ 1 tsp. ground black pepper, or to taste



Recipe and photo credit to:
<http://www.skinnytaste.com/2013/08/skillet-mexican-zucchini.html>

Nutrition Facts

Serving Size 0.25 total yeild

Amount Per Serving

Calories 166

% Daily Values*

Total Fat 9g 14%

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 690mg 29%

Total Carbohydrate 17g 6%

Dietary Fiber 0g **0%**

Sugars 12g

Protein 8g 16%

*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	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Directions:

1. Cook the garlic in oil in a large skillet over medium heat 1 minute, stirring until sizzling.
2. Add zucchini and cook stirring occasionally, about 3 minutes or until slightly softened.
3. Add the tomato and green onion and cook about 3 minutes.
4. Remove skillet from heat and add cilantro paste, jalapeño and lime juice.
5. Season with salt and pepper to taste and top with queso blanco. Serve hot.

Tip: Avoid adding salt and use lower sodium cheeses to reduce your overall sodium intake.