Zucchini and Egg Recipe

Yield: 4 Servings

Ingredients:
2 cups zucchini, sliced
1⁄2 cup diced onion
1⁄4 of a green pepper
1 egg
1⁄4 cup 1% milk
2 tablespoons canola oil
1 tablespoon garlic and herb seasoning mix (no salt added)
1⁄4 cup Parmesan cheese
1⁄4 cup cheese, low-fat shredded (use your favorite)

Directions:
1. First wash and slice the zucchini and measure out about 2 cups. Dice up the onion and green pepper and set aside along with the zucchini.
2. Stir the egg and milk together and set aside.
3. Sauté the veggies until tender on medium heat with the oil. Remove from the pan.
4. Next, scramble the egg mixture until cooked thoroughly.
5. Stir in the veggie mixture and fold together. Simmer until temperature reaches 145°F.
6. Sprinkle the seasoning and then cheeses on top. Continue to heat until melted. Serve warm.

Cost: Per recipe: $2.20; Per serving: $0.55

Nutrition Facts: Calories, 150; Calories from fat, 100; Total fat, 11g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 55mg; Sodium, 200mg; Total Carbohydrate, 6g; Fiber, 1g; Protein, 7g; Vit. A, 6%; Vit. C, 30%; Calcium, 15%; Iron, 4%.

Source: http://recipefinder.nal.usda.gov/