



## Skillet Zucchini with Chopped Tomatoes

Serving Size: 1 cup

Yield: 4 servings

### Ingredients:

- 1 teaspoon margarine
- 1 cup onion, chopped
- 4 small zucchini, thinly sliced
- 2 tomatoes, chopped
- black pepper, to taste



### Directions:

1. In a large skillet, melt margarine over medium heat.
2. Add onion and cook, stirring until softened.
3. Add zucchini and cook for 2 minutes.
4. Add tomatoes and cook for 3 to 5 minutes or until zucchini is crisp-tender.
5. Season to taste with pepper.

**Nutrition Facts:** Calories, 50; Calories from fat, 9; Total fat, 1.5g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 0mg; Sodium, 20mg; Total Carbohydrate, 11g; Fiber, 3g; Protein, 2g; Vit. A, 15%; Vit. C, 60%; Calcium, 4%; Iron, 4%.

Source: [www.extension.org](http://www.extension.org)



Cornell University  
Cooperative Extension  
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties provides equal program and employment opportunities.