

Skillet Zucchini

- 2 medium zucchini
- 1 medium tomato
- Nonstick cooking spray
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup shredded part-skim mozzarella cheese

Makes 6 portions, 1/2 cup each

Per portion

Calories:	31
Carbohydrate:	5 grams
Protein:	2 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	3 milligrams
Sodium:	124 milligrams
Dietary fiber:	1 gram

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1. Wash and slice zucchini.
 2. Wash and dice tomato.
 3. Coat a large nonstick skillet with cooking spray, place over medium-high heat until hot.
 4. Add zucchini and cook 6 to 8 minutes or until crisp tender.
 5. Add tomato, basil, oregano, salt, and pepper. Cook until thoroughly heated.
 6. Put in serving dish and sprinkle with cheese.