

Zucchini and Tomatoes

Serves

4

Serving size

1/4 of recipe (207g)

- 2 Tbsps. butter (or margarine)
- 1/4 cup onion (chopped)
- 1 garlic clove (chopped)
- 1 lb. zucchini (chopped)
- 2 tomatoes (peeled and diced, or a 16 ounce can of diced tomatoes, drained)
- 1/4 tsp. salt
- black pepper (to taste)
- 1 tsp. sugar

Melt butter in a saucepan over medium heat. Add onion and garlic. Cook until tender, about 5 to 7 minutes. Add zucchini, tomatoes and seasonings. Cover pan, reduce heat, cook until vegetables are tender, about 20 minutes.



Calories*	Total Fat	Total Fiber	Protein	Carbohydrates	Sodium
90	6g	2g	2g	8g	220mg

* Percent Daily Values are based on a 2,000 calorie diet.