

Skillet Zucchini and Mushrooms

6 servings

While eaten as a vegetable, mushrooms are fungi. Their unique nutrient composition provides B vitamins similar to that of grains, beans and meats.

- 1 Tablespoon vegetable oil
- 1 green pepper, scrubbed with clean vegetable brush under running water and chopped
- 1 onion, scrubbed with clean vegetable brush under running water and chopped
- 3 zucchini, gently rubbed under cold running water and sliced
- 1/2 pound fresh mushrooms, gently rubbed under cold running water and sliced or 1 (6.5 ounce) can mushrooms, drained
- 1/2 cup Mozzarella cheese, shredded



1. Wash hands with soap and water. In a large skillet, heat oil. Saute green pepper and onion.
2. Add zucchini, cover and cook until tender.
3. Add mushrooms and heat through.
4. Spoon into a 2-quart baking dish. Sprinkle with cheese. Cover and let stand for 5 minutes or until cheese is melted. Serve hot.

Nutrition Information per Serving: (1/6 of recipe) Calories 70, Total Fat 4g, Saturated Fat 1g, Cholesterol 5mg, Sodium 60mg, Total Carbohydrate 5g, Dietary Fiber 1g, Sugars 3g, Protein 4g, Vitamin A 2%, Vitamin C 45%, Calcium 8%, Iron 2%.