



RECIPE

October 15, 2010

Zesty Vegetable Sauté

Makes 6 servings

- 1 cup zucchini, sliced
- 1 cup fresh or frozen carrots, sliced
- 1 medium red or yellow pepper, thinly sliced
- 1 medium onion, thinly sliced
- 1 tbsp olive oil
- 1 cup Italian Dressing, fat free
- 2 Tbsp Parmesan cheese

1. Marinate zucchini and carrots in Italian dressing.
2. Place oil in medium size frying pan over medium heat.
3. Add onion and peppers and saute for 2 minutes.
4. Add zucchini -carrot dressing mixture and sauté for 5 minutes till hot and serve.
5. Sprinkle with Parmesan cheese

Per serving:($\frac{1}{2}$ cup):
41 calories
2 gms protein
3 gms fat
4 gms carbohydrates

Taken from *The One Pot Deal Cooking Class*, by Colleen Lammel, RD,LD