

Side Dish

Saute'd Zucchini Ribbons

Cooking Light Magazine

Servings: 4

Start to Finish Time: 10 minutes

2 medium zucchini, cut into thin strips

1 tablespoon olive oil

1 tablespoon garlic powder

1 tablespoon Italian seasoning

1/2 teaspoon salt

In a skillet, heat olive oil over medium heat.

Add zucchini, stirring to coat with oil.

Season with garlic powder, Italian seasoning and salt.

Saute' for about 4 minutes.

Per Serving (excluding unknown items): 53 Calories; 4g Fat (55.7% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 270mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat.