

Zucchini Hash

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Servings: 6

6 small zucchini
2 teaspoons salt
1 tablespoon olive oil
1 tablespoon unsalted butter
1/2 medium onion, chopped
1 red bell pepper, thinly sliced
salt (to taste)
pepper (to taste)
1 egg (optional)
1/2 tablespoon unsalted butter
6 large eggs
salt (to taste)
pepper (to taste)

Coarsely shred the zucchini. Place in a strainer. Toss with salt. Let stand for 10 minutes. Squeeze to wring out the liquid.

Warm one tablespoon of the olive oil and the butter in a large skillet over medium-low heat. Add the onion. Cook, stirring, until translucent, about 3 minutes. Stir in the red pepper. Cook until softened, about 5 minutes, stirring occasionally.

Mix in the zucchini, salt and pepper. Cook until browned, 4 to 5 minutes. Flip the mixture. Cook until browned, 4 to 5 minutes more.

Divide the hash among six plates. If desired, top each with a fried egg.

Wipe out the skillet. Return to medium-high heat. Add and melt the unsalted butter.

Crack in six large eggs. Sprinkle with salt and pepper. Cook 2 to 4 minutes. Serve with the hash.

Per Serving (excluding unknown items): 156 Calories; 10g Fat (57.9% calories from fat); 9g Protein; 8g Carbohydrate; 3g Dietary Fiber; 220mg Cholesterol; 788mg Sodium. Exchanges: 1 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

% Calories from Fat:	57.9%
% Calories from Carbohydrates:	20.1%
% Calories from Protein:	21.9%
Total Fat (g):	10g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	220mg
Carbohydrate (g):	8g
Dietary Fiber (g):	3g
Protein (g):	9g
Sodium (mg):	788mg
Potassium (mg):	603mg
Calcium (mg):	65mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	56mg
Vitamin A (i.u.):	2149IU
Vitamin A (r.e.):	276 1/2RE

Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	74mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	156	Calories from Fat: 90
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% Daily Values*

Total Fat	10g	16%
Saturated Fat	4g	18%
Cholesterol	220mg	73%
Sodium	788mg	33%
Total Carbohydrates	8g	3%
Dietary Fiber	3g	12%
Protein	9g	
Vitamin A		43%
Vitamin C		93%
Calcium		6%
Iron		10%

* Percent Daily Values are based on a 2000 calorie diet.