

# Zucchini Mexicali

Marion Brittain

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

## Servings: 4

*1/4 cup cooking oil  
1 pound (4 cups) unpeeled  
zucchini, thinly sliced  
2 large carrots, sliced thin  
1/2 pound sliced  
mushrooms  
1 large (1 cup) onion,  
chopped  
3/4 cup chopped celery  
1 medium green pepper, cut  
into thin strips  
1/2 teaspoon garlic salt  
1/4 teaspoon dried basil,  
crushed  
dash pepper  
1/2 cup taco sauce  
2 teaspoons prepared  
mustard  
2 medium tomatoes, cut into  
wedges  
shredded cheddar cheese*

In a ten-inch skillet, heat the cooking oil. Add the zucchini, mushrooms, carrot, onion, celery, green peppers, garlic, salt, basil and pepper. Toss to mix well.

Cook, covered, over medium-high heat for 4 minutes, stirring occasionally.

In a bowl, combine the taco sauce and mustard. Stir into the vegetables. Add the tomato wedges.

Cook, uncovered, for 3 to 5 minutes or until heated through. Top with shredded cheese until melted. Season with salt

Serve in the skillet or transfer to a serving dish.

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Per Serving (excluding unknown items): 199 Calories; 15g Fat (62.7% calories from fat); 3g Protein; 17g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 457mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.