

Zucchini And Tomatoes

Spend less time cooking and more time enjoying your summer with this fast and delicious summer veggie side dish. Pairs well with grilled meat, fish, or tofu.

Makes: 4 servings
 Prep Time: 10 minutes
 Cook Time: 30 minutes

Source: myplate.gov, [recipe/ zucchini and tomatoes](http://recipe/zucchini-and-tomatoes)

Ingredients

- 2 tablespoons butter
- 1/4 cup onion (chopped)
- 1 garlic clove (chopped)
- 1 pound zucchini (chopped), about 4 cups
- 2 tomatoes (peeled and diced, or a 16 ounce can of diced tomatoes, drained)
- 1/4 teaspoon salt
- black pepper (to taste)
- 1 teaspoon sugar

Directions

1. Melt butter in a saucepan over medium heat.
2. Add onion and garlic.
3. Cook until tender, about 5 to 7 minutes.
4. Add zucchini, tomatoes and seasonings.
5. Cover pan, reduce heat, cook until vegetables are tender, about 20 minutes.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/4 of the recipe

Nutrients	Amount
Calories:	89
Total Fat:	6 g
Saturated Fat:	4 g
Cholesterol:	15 mg
Sodium:	158 mg
Total Carbohydrates:	8 g
Dietary Fiber:	2 g
Total Sugars:	6 g
Added Sugars:	1 g
Protein	2 g

Utensils Needed

- Cutting Board
- Knife
- Saucepan
- Mixing spoon
- Measuring cups
- Measuring spoons

SHOPPING LIST

Average total cost without oil and seasonings: \$4.17

Average cost/serving: \$1.04

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 3 to Cart
Fresh Zucchini



Add 1 to Cart
Fresh Onion



Add 1 to Cart
Fresh Garlic



Add 1 to Cart
Canned Diced Tomatoes 28 oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Refrigerate any leftovers within 2 hours.

Cooking Tips

- Extra canned tomatoes can be used in any soup or even drained for a salsa check out snapedny.org for many recipes!