## Skillet Zucchini and Mushrooms

While eaten as a vegetable, mushrooms are fungi. Their unique nutrient composition provides $B$ vitamins similar to that of grains, beans and meats.

1 Tablespoon vegetable oil
1 green pepper, scrubbed with clean vegetable brush under running water and chopped
1 onion, scrubbed with clean vegetable brush under running water and chopped
3 zucchini, gently rubbed under cold running water and sliced
$1 / 2$ pound fresh mushrooms, gently rubbed under cold running water and sliced or 1 ( 6.5 ounce) can mushrooms, drained
$1 / 2$ cup Mozzarella cheese, shredded


1. Wash hands with soap and water. In a large skillet, heat oil. Sauté green pepper and onion.
2. Add zucchini, cover, and cook until tender.
3. Add mushrooms and heat through.
4. Spoon into a 2-quart baking dish. Sprinkle with cheese. Cover and let stand for 5 minutes or until cheese is melted. Serve hot.
5. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Nutrition Information per Serving: (1/6 of recipe) Calories 70, Total Fat 4g, Saturated Fat 1g, Cholesterol 5 mg , Sodium 60mg, Total Carbohydrate 5g, Dietary Fiber 1g, Sugars 3g, Protein 4g, Vitamin A $2 \%$, Vitamin C $45 \%$, Calcium 8\%, Iron 2\%.

[^0]
[^0]:    Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the U.S. Department of Agriculture (USDA). University of Nebraska-Lincoln Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the USDA.

