



Skillet Zucchini and Mushrooms

6 servings

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 5mg, Sodium 60mg, Total Carbohydrate 5g, Dietary Fiber 1g, Sugars 3g, Protein 4g, Vitamin A 2%, Vitamin C 45%, Calcium 8%, Iron 2%.

This institution is an equal opportunity provider. This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.



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