

Zucchini Stir Fry



Ingredients:

- 1 tablespoon canola oil
- 1 medium onion, peeled and cut into thin slices
- 1 yellow squash, cut into thin round pieces
- 1 medium zucchini, cut into thin round pieces
- 1 red pepper, seeded and chopped
- 1/2 teaspoon black pepper
- 1/4 teaspoon basil
- 1/4 teaspoon oregano

Directions:

1. Heat oil in a skillet. Add the onion slices.
2. Cook over medium heat for 1 minute.
3. Stir in the spices.
4. Add the remaining vegetables and cook for 3-5 minutes until vegetables are tender.

Makes 4 servings.



Tarrant County Public Health
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