

LEMON ROSEMARY ZUCCHINI

From the AICR Test Kitchen

http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen

Ingredients

- 1 Tbsp. extra virgin olive oil
- 1 medium yellow bell pepper, diced
- 2 tsp. finely minced fresh rosemary
- 2 cups chopped zucchini (2 medium)
- 1-3 tsp. freshly squeezed lemon juice, or to taste
- Salt and freshly ground black pepper, to taste

Instructions

1. In medium non-stick skillet, heat olive oil over medium heat.
2. Add yellow pepper and rosemary and saute 2 minutes.
3. Add zucchini and salt and pepper, to taste.
4. Continue to saute for another 4 to 5 minutes or until zucchini is just tender.
5. Remove from heat and stir in lemon juice.

Makes 4 servings

Nutritional Information per serving (4 servings)

- Calories: 46
- Total fat: 3 g
- Saturated fat: <1g
- Total carbohydrate: 4g
- Dietary fiber: 1g
- Protein: 1g
- Sodium: 6mg

