

Zucchini Stir-Fry

Try this quick and easy stir-fry. For an elevated meal serve over pasta or rice and add cooked meat or tofu!

Makes: 8 servings

Source: foodhero.org recipe/ Zucchini Stir-Fry

Ingredients

- 1 Tablespoon vegetable oil
- 2 cups chopped zucchini
- 2 cups green or red bell peppers, seeded and chopped (about 2 large or 4 small peppers)
- 1 cup chopped onion (1 medium onion)
- 2 teaspoons soy sauce
- 1/2 teaspoon garlic powder

Directions

1. Heat the oil in a large skillet. Add the chopped zucchini, peppers and onions to the skillet.
2. Cook over medium high heat until the veggies are lightly brown, about 4 to 6 minutes. Stir a few times while cooking.
3. Season vegetables with soy sauce and garlic powder. Stir and cook for 2 minutes.
4. Refrigerate leftovers within 2 hours.

Utensils Needed

- Knife
- Cutting Board
- Measuring Spoons
- Large Skillet
- Spoon
- Serving Dish



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	40
Total Fat:	2 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	50 mg
Total Carbohydrates:	5 g
Dietary Fiber:	1 g
Total Sugars:	2 g
Protein	1 g

SHOPPING LIST

Average total cost without oil and seasonings: \$5.41

Average cost/serving: \$0.68

Makes: 8 Servings

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

Ingredients



Add 2 to Cart
Green Zucchini (9 oz avg.)



Add 2 to Cart
Large Green Bell Pepper (6 oz avg.)



Add 1 to Cart
Red Onion (10 oz avg.)



Add 1 to Cart
Soy Sauce 10oz

My Cooking Notes
