



Zucchini Chopped Tomatoes

Yields 4 servings (½ cup each)

Ingredients

- 1 tablespoon of olive oil
- 2 small onions, chopped
- 4 small zucchini, chopped
- 2 tomatoes, chopped
- 1 tablespoon fresh herbs, minced (parsley, cilantro, or basil)
- ¼ teaspoon black pepper, optional

Instructions

1. In a large skillet, heat oil over medium heat. Add onions. Sauté until softened.
2. Add zucchini. Sauté 2 minutes.
3. Add tomatoes and herbs. Cook 3-5 minutes, or until zucchini is tender.
4. Season with pepper and serve.

Helpful Information

- Serve this simple recipe with different fresh herbs. Cut the leaves into small pieces and sprinkle on top.
- Cooking with fresh garlic and herbs makes food taste good, so you can use less salt!
- Cook your zucchini and yellow summer squash with the skins on. It's delicious and more nutritious!
- Try this recipe without cooking. Just chop zucchini smaller, add a little apple cider vinegar, and toss.

Source: CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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Nutrition Facts	
Serving Size 1/2 cup	
S Servings Per Recipe 4 servings	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 2g	
Vitamin A 8%	• Vitamin C 60%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	





Calabacines y Tomates Picados

Rinde 4 raciones (½ taza cada una)

Ingredientes

- 1 cucharada de aceite de oliva
- 2 cebollas pequeñas, cortadas
- 4 calabacines o zucchini pequeños, cortados
- 2 tomates, cortados
- 1 cucharada de hierbas frescas, picadas (perejil, cilantro o albahaca)
- Pimienta negra, a gusto

Instrucciones

1. En un sartén grande, caliente el aceite a fuego medio. Agregue las cebollas. Sofríalas hasta que se ablanden.
2. Agregue los calabacines. Sofría por 2 minutos.
3. Agregue los tomates y las hierbas. Cocine de 3 a 5 minutos o hasta que el calabacín este suave.
4. Sazone con pimienta y sirva.

Información Útil

- Sirva esta simple receta con diferentes hierbas frescas. Corte las hojas en trozos pequeños y rocíelas encima.
- Cocinar con ajo fresco y hierbas hacen que la comida sepa bien- ¡así usa menos sal!
- Cocine su calabaza de verano verde y amarilla con sus cáscaras. ¡Es delicioso y más nutritivo!
- Trate esta receta sin cocinarla. Solo corte el zucchini mas pequeño, agregue un poco de vinagre de cidra y mezcle.

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