



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 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Nutrition Facts	
Servings Per Recipe	4 servings
Serving size	½ cup
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 1mg	6%
Potassium 576mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Label analysis based on ingredients listed.</small>	

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

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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Cornell University
Cooperative Extension
New York City



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 puede usar menos sal!
- Cocine su calabaza de verano verde y amarilla con sus cáscaras. ¡Es delicioso y más nutritivo!
- Pruebe esta receta sin cocinarla. Solo corte más pequeño el zucchini, agregue un poco de vinagre de cidra y mezcle.

Source: CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

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Trans Fat 0g	
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