

# Cornell University Cooperative Extension New York City

## Zucchini Chopped Tomatoes

Yields 4 servings ( $\frac{1}{2}$  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)
- $\frac{1}{4}$  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.*



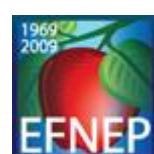
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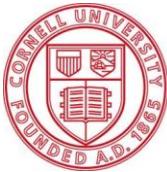
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<b>Nutrition Facts</b>		
Serving Size 1/2 cup		
Servings Per Recipe 4 servings		
Amount Per Serving		
<b>Calories</b> 60	<b>Calories from Fat</b> 15	% Daily Value*
Total Fat 2g	3%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 15mg	1%	
Total Carbohydrate 10g	3%	
Dietary Fiber 2g	8%	
Sugars 6g		
<b>Protein</b> 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.		





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## Calabacines y Tomates Picados

Rinde 4 raciones ( $\frac{1}{2}$  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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*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
<hr/>		
Calories per gram:		
Fat 9	• Carbohydrate 4	• Protein 4
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Label analysis based on ingredients listed.		

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