



Sauteed Zucchini

Makes 2 servings

Ingredients

Two whole zucchini, sliced to 1/2-inch thick discs
1/2 tbsp Olive oil
1 tsp Garlic powder
1 tsp Black pepper
1/4 tsp Kosher salt

Directions

1. Wash zucchini and cut into 1/2-inch thick discs.
2. Add olive oil to a skillet, heat to medium.
3. Add zucchini discs to pan, along with your spices.
4. Saute zucchini, stirring a couple times, until tender and slightly golden on edges.

Nutrition Facts:

Calories: 69 kcal

Total fat: 4 g

Saturated fat: 1 g

Monounsaturated fat: 1 g

Trans fat: 0 g

Carbs: 8 g

Sugar: 4 g

Protein: 3 g

Sodium: 260 mg

Potassium: 542 mg