

# Zucchini Italian Style

Wyleen Corbett  
*Gourmet Eating in South Carolina - (1985)*

2 cups sliced zucchini  
1 medium onion, thinly sliced and  
separated into rings  
1 clove garlic, minced  
1 tablespoon vegetable oil  
1/2 to 1 teaspoon dried oregano OR  
1-1/2 teaspoons minced basil  
1 teaspoon parsley flakes  
1/4 teaspoon salt  
dash pepper  
2 medium tomatoes, unpeeled and  
coarsely chopped  
1 to 2 tablespoons Parmesan cheese,  
grated

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Preheat the oven to 350 degrees.

In a bowl, combine the zucchini, onion, garlic, oil,  
oregano, parsley, salt and pepper.

Place the mixture in a two-quart covered  
casserole. Bake until the zucchini is the desired  
doneness.

Add the tomatoes. Bake until they are tender.

Remove from the oven. Sprinkle on the  
Parmesan cheese.

(This dish may be cooked on the stovetop in a  
heavy skillet or pan with a tight-fitting lid.)

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Per Serving (excluding unknown  
items): 273 Calories; 16g Fat  
(50.0% calories from fat); 8g  
Protein; 29g Carbohydrate; 8g  
Dietary Fiber; 4mg Cholesterol;  
659mg Sodium. Exchanges: 1/2  
Lean Meat; 5 Vegetable; 3 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	273	Vitamin B6 (mg):	.5mg
% Calories from Fat:	50.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	38.9%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	11.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	16g	Folacin (mcg):	109mcg
Saturated Fat (g):	3g	Niacin (mg):	3mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0

<b>Cholesterol (mg):</b>	4mg
<b>Carbohydrate (g):</b>	29g
<b>Dietary Fiber (g):</b>	8g
<b>Protein (g):</b>	8g
<b>Sodium (mg):</b>	659mg
<b>Potassium (mg):</b>	1308mg
<b>Calcium (mg):</b>	147mg
<b>Iron (mg):</b>	2mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	76mg
<b>Vitamin A (i.u.):</b>	2352IU
<b>Vitamin A (r.e.):</b>	241 1/2RE

% Daily Values      0 0%

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	5
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	3
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

### Amount Per Serving

**Calories** 273      Calories from Fat: 137

### % Daily Values\*

<b>Total Fat</b> 16g	25%
Saturated Fat 3g	14%
<b>Cholesterol</b> 4mg	1%
<b>Sodium</b> 659mg	27%
<b>Total Carbohydrates</b> 29g	10%
Dietary Fiber 8g	30%
<b>Protein</b> 8g	
<b>Vitamin A</b>	47%
<b>Vitamin C</b>	126%
<b>Calcium</b>	15%
<b>Iron</b>	13%

\* Percent Daily Values are based on a 2000 calorie diet.