

Zucchini Italian Style

Gayle Master

Unitarian Universalist Fellowship of Vero Beach, FL 2000Jeanette Webber

Servings: 6

*2 pounds zucchini
1/4 cup butter
1/2 onion, thinly sliced
3 medium tomatoes, peeled
and cut into eighths
1 3/4 teaspoons salt
pepper (to taste)
1/2 teaspoon dried oregano*

Scrub the zucchini very well; do not pare. Cut on the diagonal into 1/2-inch-thick slices.

In a large skillet, in hot butter saute' the onion until tender, about 5 minutes. Add the zucchini, salt, pepper and oregano. Mix well. Bring to a boil. Reduce the heat. Simmer, covered and stirring occasionally, for 15 minutes or until the zucchini is tender.

Add the tomatoes. Cook, uncovered, for 15 minutes longer.

Per Serving (excluding unknown items): 105 Calories; 8g Fat (63.9% calories from fat); 2g Protein; 8g Carbohydrate; 3g Dietary Fiber; 21mg Cholesterol; 710mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1 1/2 Fat.