



SAUTEED CALABACITAS

PREP TIME: 5 minutes

SERVING SIZE: 1 cup

COOK TIME: 10 minutes

SERVES: 4

INGREDIENTS

- 1 tablespoon olive oil
- 2 medium cloves of garlic, minced
- 2 zucchinis, sliced into coins
- 2 yellow zucchinis, sliced into coins
- ½ cup low fat mozzarella, shredded
- 2 tablespoons basil, fresh
- 2 tablespoons parmesan cheese, grated

PREPARATION

1. Place a medium sauté pan over medium heat and add olive oil. After 2-3 minutes, add garlic and cook for 1 minute.
2. Add the green and yellow zucchini and sauté, stirring occasionally until they are tender and bright in color, about 3-4 minutes.
3. Remove from heat and top with basil leaves and shredded mozzarella.
4. Garnish with grated parmesan cheese
5. Enjoy!

SOURCE

<http://www.comidakraft.com/sp/recetas/salteado-de-calabacitas-frescas-110590.aspx>

Recipe modified by CHOICES Nutrition Education Program



Nutrition Facts

4 servings per container
Serving size 1 cup (446g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 11g 14%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 190mg 8%

Total Carbohydrate 9g 3%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 163mg 15%

Iron 1mg 6%

Potassium 243mg 6%

*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.



This institution is an equal opportunity provider. Rev 2/18
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SALTEADO DE CALABACITAS

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 1 taza

TIEMPO PARA COCINAR: 10 minutos

PORCIONES: 4

INGREDIENTES

- 1 cucharada de aceite de oliva
- 2 dientes de ajo, bien picados
- 2 calabacitas zucchini, cortadas en rebanadas
- 2 calabacitas amarillas, cortadas en rebanadas
- ½ taza de queso mozzarella rayado, bajo en grasa
- 2 cucharadas de albahaca fresca, picada
- 2 cucharadas de queso parmesano, rallado, bajo en grasa



PREPARACIÓN

1. Calentar el aceite en un sartén grande a fuego medio por 3 minutos. Agregar el ajo y cocinar por 1 minuto.
2. Agregar las calabazas y cocinar hasta que cambien de color a verde y amarillo encendido, o hasta que estén tiernas, de 3-4 minutos.
3. Retirar del fuego e incorporar la mozzarella y la albahaca.
4. Servir y espolvorear el salteado con el queso parmesano.
5. ¡Disfrutar!

FUENTE

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Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
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Includes 0g Added Sugars	0%
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Esta institución ofrece igualdad de oportunidades. Rev 2/18

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