



Zucchini Ribbons



1-800-WIC-1007

Ingredients

- 4 small zucchini, ends trimmed and cut in half
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- ½ teaspoon oregano
- 2 tablespoons mozzarella cheese

Directions

1. Hold the zucchini in your left hand and the peeler in your other. Peeling away from you, carefully peel the zucchini into ribbons until you reach the seedy part.
2. Heat a large skillet on medium heat. Add the oil and swirl to coat. Once the oil begins to sizzle, add the zucchini into the pan. Stir frequently for 1-2 minutes.
3. Add the garlic powder and oregano and sauté for 4-5 minutes, stirring frequently until the zucchini become soft. Add a tablespoon of water if the zucchini start to stick to the pan.
4. Add the mozzarella cheese and stir until melted.
5. Allow to cool and serve. Keep in the fridge for 3-5 days.

Serves: 4 • Serving Size: 1 cup • Prep Time: 10 minutes • Cook Time: 10 minutes

Chef Tips

1. Try summer squash, carrots, or butternut squash depending on the season
2. Add your favorite spices for a little extra flavor
3. Add fresh squeezed lemon or herbs such as dill
4. These are also tasty if served cold
5. Add zucchini ribbons to whole wheat spaghetti for added veggie servings in your meal

Supplies

- Cutting board
- Knife
- Measuring cups
- Measuring spoons
- Wooden spoon
- Large skillet
- Vegetable peeler



1-800-WIC-1007

Nutrition Facts Per Serving: 62 Calories, 4 g Fat, 4 g Carbohydrate, 2 g Protein, 33 mg Sodium