



Italian Zucchini Sauté

2 tablespoons olive oil
2 cloves garlic, minced
4 medium zucchini, thinly sliced (4 cups)
2 Tablespoons pine nuts
2 Tablespoons raisins
Dash pepper
1 Tablespoon vinegar
¼ cup water

In a large skillet, heat olive oil and sauté the garlic for 2 minutes. Add zucchini and sauté each side until golden

Sprinkle with pine nuts, raisins, and pepper. Simmer for 3 minutes. Whisk together vinegar and water and pour into skillet.

Cover and cook for about 10 minutes, until zucchini is tender. Serve at room temperature.

Yield: 6 servings
Serving Size: 2/3 cup

Nutritional Analysis Per Serving: Calories 76, Carbohydrate 5g, Protein 2g, Fat 6g, Saturated fat 1g; Sodium 2 mg, Fiber 1g