



LEMON ROSEMARY ZUCCHINI

Basic Lifestyle

Ingredients:

1 TBS olive oil
1 medium yellow bell pepper, diced
2 TSP fresh rosemary, finely minced
2 cups zucchini, chopped
1-3 TSP lemon juice, to taste
pinch salt and black pepper

Instructions

1. In a medium non-stick skillet, heat olive oil over medium heat. Add yellow pepper and rosemary and sauté 2 minutes.
2. Add zucchini and salt (pinch) and pepper, to taste. Continue to sauté for another 4-5 minutes or until zucchini is just tender.
3. Remove from heat and stir in lemon juice. Serve.

Portion-Per-Serving Information (Yields 4 servings)

Serving = 3/4 cup = 1-1/2 V