

# Zucchini Stir Fry

## Ingredients

- 1 tablespoon vegetable oil
- 1 onion (medium)
- 1 yellow squash
- 1 zucchini (medium)
- 1 red pepper
- 1/2 teaspoon black pepper
- 1/2 teaspoon basil
- 1/2 teaspoon oregano

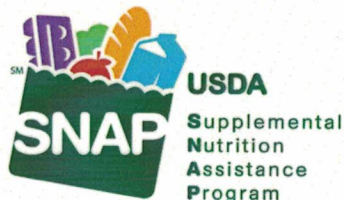
Serves 4



**PROJECT P.E.A.C.H.**  
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## Directions:

1. Peel the onion. Cut it into thin slices.
2. Slice the yellow squash and zucchini into thin round pieces.
3. Chop the red pepper into small pieces.
4. Heat oil in a frying pan. Add the onion slices.
5. Cook over medium heat, stirring quickly for 1 minute.
6. Add the spices and stir a few times.
7. Add remaining vegetables and cook for 3 to 5 minutes until vegetables are just tender.



Recipe Source: Adapted from What's Cooking? USDA Mixing Bowl

Funded in part by the Pennsylvania (PA) Department of Public Welfare (DPW) through PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556.

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