

ZUCCHINI STIR-FRY MEDLEY

Butter-flavor vegetable cooking spray

1 tablespoon vegetable oil

1 garlic clove, minced

1 cup thinly sliced carrots

3 cups sliced zucchini

1 cup sliced green onion with tops

1 cup chopped fresh tomatoes

¼ cup minced parsley

¼ teaspoon dried basil, crushed

Coat a large skillet or wok with cooking spray. Add the oil. Add more oil if necessary during cooking. Turn heat to high. When hot, add garlic and stir-fry for about 20 seconds. Remove garlic if you desire only a mild flavor. Add carrots and stir-fry for about 1 minute. Add zucchini and stir-fry about 1 minute. Then add onion and stir-fry about 2 minutes or until vegetables are tender crisp. Add tomatoes, parsley, and basil and toss. Cover it and cook about 1 minute or until heated through.

