E. Garden Skillet Sizzle

**Prep time:** 10 minutes  
**Cook time:** 12 minutes  
**Serves:** 6  
**Serving Size:** About ½ cup

**Utensils needed**  
Knife  
Cutting board  
Medium skillet  
Mixing spoon  
Large serving bowl  
Measuring spoon  
Measuring cup

**Ingredients**  
1 zucchini, coarsely chopped  
1 yellow squash, coarsely chopped  
1 red bell pepper, seeded and coarsely chopped  
1 green bell pepper, seeded and coarsely chopped  
1 yellow bell pepper, seeded and coarsely chopped  
1 cup of grape tomatoes, halved  
2 tablespoons of vegetable oil  
2 tablespoons of reduced-fat Italian dressing  
⅛ cup of grated Parmesan cheese

**Directions**  
1. Wash your hands and clean your cooking area.  
2. Wash and chop the vegetables as indicated above.  
3. Add the vegetable oil, then heat the skillet to medium heat.  
4. Add the zucchini, squash, bell peppers, and grape tomatoes to the skillet. Sauté them until they are tender, about 10 minutes, turning them occasionally.  
5. Place the sautéed vegetables in a large serving bowl; add the dressing and Parmesan cheese; and mix them until they are evenly coated.

**Nutrition Facts**  
Serving Size: 1/2 cup  
Servings Per Container: 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 70</th>
<th>Calories from Fat: 40</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat:</td>
<td>4.5g</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat:</td>
<td>1g</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat:</td>
<td>0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol:</td>
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<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium:</td>
<td>80mg</td>
<td>3%</td>
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<tr>
<td>Total Carbohydrate:</td>
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<tr>
<td>Dietary Fiber:</td>
<td>1g</td>
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<tr>
<td>Sugars:</td>
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<td>1%</td>
<td></td>
</tr>
<tr>
<td>Protein:</td>
<td>2g</td>
<td>3%</td>
<td></td>
</tr>
</tbody>
</table>

**Kitchen math**  
1. In the circle below, add: >, <, or =  
   - I whole zucchini  
   - I cup of chopped zucchini

2. How many total calories are in 1 serving of this dish? ________

3. If you have 2 servings, how many calories would that be? ________

4. If we needed to double this recipe for a party, how much Parmesan cheese would we need? ________

**How the children can help:** Wash the produce, remove the seeds from the peppers, add the dressing and Parmesan cheese to the sautéed vegetables, and mix the vegetables.

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