

E. Garden Skillet Sizzle



Prep time: 10 minutes

Cook time: 12 minutes

Serves: 6

Serving size:
About 1/2 cup

Utensils needed

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

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 6

Amount Per Serving

Calories 70 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 2g

Vitamin A 15% • Vitamin C 140%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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
1/4 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.

Kitchen math

1. In the circle below, add: >, <, or =

1 whole zucchini  1 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? _____

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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

