

Zucchini, Carrots, and Basil

40

Serving Information Makes approximately 8 servings (one serving = ½ c.)

Ingredients

- 1 Tbsp. olive oil
- 3 carrots, sliced or julienned
- 3 zucchini, sliced or julienned
- ½ c. sliced green onions
- 1 clove garlic, minced or ⅛ tsp. garlic powder
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 tsp. lemon juice
- 2 Tbsp. chopped fresh basil (or 1½ tsp. dry basil)

Equipment

- Medium saucepan or electric frying pan
- Measuring spoons
- Spatula

Directions

1. Heat oil in a large skillet over medium-high heat. Add carrots and saute for 3-5 minutes.
2. Add the zucchini, green onions and garlic; continue cooking for an additional 3-5 minutes, or until vegetables are crisp tender.
3. Add salt, pepper, lemon juice, and basil. Toss to coat and serve immediately.

Nutrition Facts

Serving Size 1/2 cup (111g)
Servings Per Container 8

Amount Per Serving

Calories 40 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 1g

Vitamin A 90% • **Vitamin C 30%**

Calcium 2% • **Iron 4%**

*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	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source: Dining with Diabetes—West Virginia University Extension Service, 2003

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