

## Zucchini with Sun-Dried Tomatoes, Dill, and Red Onion

### Ingredients:

- 2 Tbsp extra-virgin olive oil
- 5 small zucchini (sliced on the diagonal)\*
- 1 cup sun dried tomatoes (sliced or whole—depending on size)\*\*
- 1 tsp dill (fresh or dry)
- ½ med. red onion (more if you like—sliced in 1/8" ribs)
- Dash salt and pepper (to taste)

### Directions:

1. In a large non-stick fry pan, heat the olive oil on medium-high until it spits (test with a drop of water—you do not want it to smoke).
2. Add onion and sauté for a minute.
3. Add the zucchini\*, dill, sun dried tomatoes\*\* and salt and pepper. Continue to sauté for another minute or two. (I prefer less time as I want my veggies to be warm, while retaining their color and a bit of crispness, so test tenderness as you sauté.)
4. Serve as a side dish/vegetable. If you wish to add protein and more flavor, it's okay to add crumbled feta cheese—liberally sprinkled on top.

\* can substitute quartered/fresh tomatoes if you like.

\*\* green or yellow zucchini/squash adds color.

**Shared by:** Tim P. Essebaggers

### Registered Dietician Notes:

Calories: 120  
Protein: 1 g  
Carbohydrates: 6 g  
Fat: 11 g  
Sat fat: 1.9 g

