

Zucchini Saute

Makes: 6 servings (serving is ½ cup)

Per serving: Calories 130, Protein 41 gm, Sodium 85 mg, Potassium 245 mg,
Phosphorus 100 mg

Ingredients

3-4 medium zucchini, sliced (about 4 cups)
1 cup milk
½ cup flour
1/4 cup grated Parmesan cheese
½ tsp basil
½ tsp thyme
½ tsp tarragon
Pepper to taste
2 TBSP vegetable oil

Directions

1. Put zucchini in milk to soak.
2. Mix flour, Parmesan and pepper in bowl; add the spices.
3. Heat vegetable oil in a skillet.
4. Dip zucchini in cheese and spices mix.
5. Sauté. Serve hot.