

ZUCCHINI STIR FRY

*Recipe adapted from
Maine SNAP-Ed*

SHOPPING LIST

- 1 tbsp olive oil
- 2 medium zucchini
- 1 bell pepper
- 1/2 onion
- 2 tsp soy sauce
- 1/2 tsp garlic powder

INSTRUCTIONS

1. Chop zucchini.
2. Chop bell pepper.
3. Chop onion.
4. Heat the oil in a large skillet. Add the chopped zucchini, peppers and onions to the skillet.
5. Cook over medium-high heat until the veggies are lightly brown, about 4 to 6 minutes. Stir a few times while cooking.
6. Season vegetables with soy sauce and garlic powder. Stir and cook for 2 minutes.
7. Serve over coconut cauliflower rice.

