

# ZUCCHINI STIR FRY

*Recipe adapted from  
Maine SNAP-Ed*

## Kōbebein:

- 1 tebōļ jibuun olive oil
- 2 zucchini
- 1 bell pepper
- 1/2 onion
- 2 tijibuun joiu (soy sauce)
- 1/2 tijibuun garlic bōuta

## Kilen kōmane:

1. Mwijm̄wij zucchini.
2. Mwijm̄wij bell pepper.
3. Mwijm̄wij onion.
4. kōmānen jidik olive oil eo ilo kein kōmat eo kwōj kōjerbale. Likūti zucchini, pepper,
5. im onion ko emoj am mwijiti ilo kein kōmat eo. Kajoor in kijeek eo en pād wōt ilo medium maie iien vegetable ko rej mera aeer brown, iumwin 4
6. űan 6 minut.
7. Poktake jejo alen ilo iien eo kwōj kōmatte.

