



Zucchini Sauté

No need to settle for soggy, bland veggies. For your next meal, serve up zucchini sautéed in grated Parmesan cheese and a medley of fresh basil, thyme, and tarragon.

Serves 6 (1 serving = ½ cup)



Ingredients

- 3-4 medium-size fresh zucchini, sliced (about 4 cups)
- 1 cup whole milk
- ½ cup flour
- ¼ cup grated Parmesan cheese
- ½ teaspoon fresh basil
- ½ teaspoon fresh thyme
- ½ teaspoon fresh tarragon
- 2 tablespoons vegetable oil
- Pepper to taste

Nutrition Per Serving

Calories	130 cal
Total Fat	7 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	7 mg
Sodium	75 mg

Carbohydrates	12 g
Protein	4 g
Phosphorus	98 mg
Potassium	266 mg
Dietary Fiber	1 g
Calcium	97 mg

Directions

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

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