



## Zucchini & Mushrooms

### Instructions:

Coat a frying pan with 6 seconds of Pam and sauté the onions and mushrooms for 10 minutes.

Add the rest of the ingredients and cook for another 10 minutes.

**Unlimited on the lean protein diet**

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**Prep Time:**

10 minutes

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**Cook Time:**

20 minutes

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### Ingredients:

1 medium onion - diced

4 large white mushrooms -  
sliced thinly

3 large zucchinis - sliced

8 oz. tomato sauce

2 tsp. soy sauce

1 tsp. garlic powder

1 tsp. oregano

Pam