



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.

1/2 plate counts as 1 dinner side

Prep Time:

10 minutes

Cook Time:

20 minutes

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