

Farm Market Recipe



Zucchini Chile-Cheddar Mash

Ingredients:

- 1 tablespoon canola oil
- 1¼ pounds zucchini (2-3 medium), halved lengthwise and sliced
- 1 medium onion, chopped
- 1 4-ounce can diced green chiles, drained
- ¼ teaspoon salt
- ½ cup grated extra-sharp Cheddar cheese

Directions:

1. Heat oil in a large nonstick skillet over medium heat. Add zucchini and onion; stir to coat. Cover and cook, stirring occasionally, until very soft and lightly browned, 12 to 15 minutes. Stir in chiles and salt; cook until heated through, 1 minute more.
2. Transfer to a medium bowl. Mash with a potato masher until chunky, not completely smooth. Stir in cheese and serve immediately.

Nutrition Facts:

Servings: 4 Serving Size: ⅔ cups each

Per Serving: calories 127; carbohydrates 8g; dietary fiber 2g; total sugars 4g; protein 6g; total fat 9g; saturated fat 3g; cholesterol 14mg; vitamin A 444IU; vitamin C 33mg; folate 51mcg; sodium 3116mg; calcium 130mg; iron 1mg; magnesium 33mg; potassium 439mg

Recipe from Eatingwell