

## Stir Fry Zucchini

### INGREDIENTS:

1 T corn oil  
1 lb zucchini, cut into 1 inch pieces  
1 ea. onion, cut into wedges  
½ tsp grated fresh ginger  
1 T sesame seeds  
1 T lite soy sauce  
1 ½ tsp dark-roasted sesame oil

### DIRECTIONS:

Heat the oil in a large non stick skillet over medium heat. Add zucchini, onion, and fresh grated ginger. Stir fry for about 5 to 8 minutes. Sprinkle with sesame seeds, soy sauce and oil. Toss to mix.

Makes 4 servings  
Calories: 90/serving

### NUTRITIONAL INFORMATION PER SERVING:

2g protein  
6g carbohydrates  
7g fat  
177mg sodium  
0mg cholesterol  
2g fiber