

Zesty Zucchini Skillet

Tomato juice brings all the flavors of the onion, mushrooms, tomatoes, and zucchini together in this summer dish.

Makes: 6 servings

Ingredients

- ½ cup low-sodium tomato juice
- ¼ teaspoon black pepper
- 1 medium red onion, chopped
- 1 medium tomato, chopped
- 4 ounce can mushrooms, drained
- 1 teaspoon dried basil (optional)
- 2 medium zucchini, sliced



Directions

1. Combine the tomato juice and black pepper in a skillet or pan. Cook on high heat for 3 minutes.
2. Add the onion, tomato, mushrooms, and dried basil.
3. Reduce the heat to medium-high. Cover and cook for 5 minutes.
4. Add the zucchini. Cover and cook for another 5-7 minutes.

Recipe from: Pennsylvania Nutrition Education Network, adapted by the USDA Food and Nutrition Administration.

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