



# Refreshing Zucchini and Potatoes

NIBBLEDISH CONTRIBUTOR

## Ingredients

Serves 2

- **2 small** zucchini with skin
- **1 tbsp** fresh parsley chopped
- **1 tbsp** fresh basil chopped
- **1 tbsp** Fresh chives chopped
- **0.5 tsp** salt
- **1 pinch** ground black pepper
- **4 tbsp** olive oil
- **1 medium** potatoes

## Instructions

Wash the zucchini and cut it to a little more than bite size pieces – the zucchini will shrink in the process of cooking. Peel the potatoes and cut them the same size as zucchini.

Put the potatoes in a cooking pot and pour in the water and season with salt. The water should just cover the potatoes. Cook for about 20 minutes.

Take a large roasting pan, put it on high heat and pour in the olive oil. Add the zucchini and stir fry for about 5 minutes on high heat. Don't lower the heat, but toss the whole time. A minute before zucchini is done add cooked potatoes, season with salt and pepper and add fresh herbs. Stir fry for another minute and serve.

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Serve.

NUTRITIONAL VALUES (1,4 to 1,6 PAL which corresponds to moderate activity of an office job)

WOMAN

Calories 17% RDA,  
Protein 11% RDA,  
Fats 39% RDA,  
Cholesterol 0% RDA,  
Carbs 9% RDA,  
Sugar 6% RDA,

MAN

Calories 14% RDA,  
Protein 8% RDA,  
Fats 29% RDA,  
Cholesterol 0% RDA,  
Carbs 7% RDA,  
Sugar 5% RDA.