



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.

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.