

Eat Smart • Move More

Sartén de Calabacín y Pimiento

Tiempo de Preparación: 15 minutos

Tiempo Total: 30 minutos



Ingredientes

- 2 cucharaditas de aceite de oliva
- 1 cebolla, en rodajas
- 1 calabacita (zucchini), en rodajas
- 1 calabacín amarillo (yellow squash), en rodajas
- 1 pimiento, en rodajas
- 1 diente de ajo, cortado en dados

Nutrition Facts

4 servings per container		1 serving
Serving size		(138.75g)
Amount per serving		50
Calories		
% Daily Value*		
Total Fat	2.5g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	7g	3%
Dietary Fiber	2g	7%
Total Sugars	4g	
Includes g of Added Sugars		
Protein	2g	
Vitamin D	0mcg	0%
Calcium	23mg	0%
Iron	0mg	2%
Potassium	300mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consejos Rápidos

- ▶ Es posible cambiar el sabor agregando otros vegetales como guisantes (snow peas), espárragos, zanahorias, brócoli o champiñones.
- ▶ Cocinar este platillo a la parrilla para facilitar la limpieza.
- ▶ Acompañe con pollo y arroz integral para una comida completa.

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Preparación

- Calentar el aceite en una sartén a fuego medio.
- Sofreír la cebolla en la sartén. Cocinar hasta que esté tierno.
- Saltear la calabacita, el calabacín, el pimiento y el ajo durante 12 - 15 minutos hasta que se encuentren crujientes y tiernos.

(Receta de: <https://www.tasteofhome.com>.)

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