

Eat Smart • Move More

Popurrí de Calabacín de Verano

Tiempo de Preparación: 10 minutos

Tiempo Total: 40 minutos



Ingredientes

- 2 cucharaditas de aceite de oliva
- 1 cebolla pequeña, en dados
- 2 tomates medianos, picados
- 1 cucharadita de sal
- ¼ cucharadita de pimienta
- 2 calabacitas pequeñas, en rodajas
- 2 calabacines pequeños, en rodajas
- 1 hoja de laurel
- ½ cucharadita de albahaca seca

Nutrition Facts

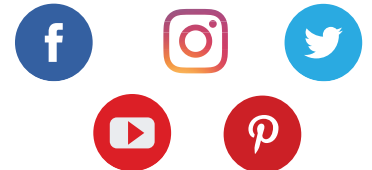
6 servings per container	
Serving size	1 serving (202.4g)
Amount per serving	
Calories 60	
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes g of Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	4%
Potassium 438mg	10%

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

Consejos Rápidos

- ▶ Servir sobre pasta integral y espolvorear con queso para lograr una comida liviana.
- ▶ Cuando los tomates no se encuentran en estación, utilice tomates en dados enlatados bajos en sodio.
- ▶ Agregue garbanzos o frijoles cannellini para obtener más proteína.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

Preparación

- Calentar el aceite en una sartén sobre calor medio. Agregar la cebolla y cocinar hasta que esté tierno, aproximadamente 5 minutos.
- Verter los tomates y condimentar con sal y pimienta. Continuar cocinando, revolviendo ocasionalmente, aproximadamente durante 5 minutos.
- Agregar la calabacita, el calabacín de verano, la hoja de laurel y la albahaca. Reducir el calor, tapar y hervir lentamente durante 20 minutos, revolviendo ocasionalmente. Remover la hoja de laurel antes de servir.

(Receta adaptada de University of Maryland Extension, Food Supplement Nutrition Education Program, listada en <https://www.whatscooking.fns.usda.gov>)

www.eatsmartmovemoreva.org