

Eat Smart • Move More

Calabacín de Verano con Ajo

Tiempo de Preparación: 10 minutos

Tiempo Total: 20 minutos



Ingredientes

2 cucharaditas de aceite de oliva
¼ taza de cebolla roja, en rodajas finas
4 dientes de ajo, picado
1 libra de calabacita, cortada en rodajas
1 libra de calabacín de verano, cortado en rodajas
2 cucharadas de estragón fresco, picado o 2 cucharaditas de estragón deshidratado

Nutrition Facts

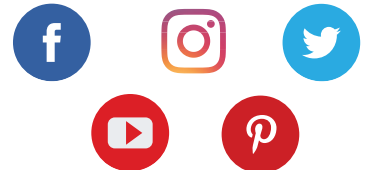
6 servings per container	
Serving size	1 serving (160.91g)
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes g of Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	4%
Potassium 416mg	8%

*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

- ▶ Sustituya el estragón por albahaca, orégano o tomillo.
- ▶ ¡Agregue pimienta en rodajas u hojas verdes para más vegetales!
- ▶ Los calabacines de verano o calabacitas más pequeñas son más tiernas y poseen menos semillas que los más grandes.

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Preparación

- En una sartén grande, calentar el aceite a calor medio. Agregar la cebolla y el ajo a la sartén. Cocinar hasta que esté tierno, aproximadamente 5 minutos.
- Agregar el calabacín de verano, la calabacita y el estragón a la sartén. Cocinar hasta que el calabacín esté tierno, aproximadamente 8 minutos.

(Receta adaptada de <http://allrecipes.com/recipe/217995/garlic-roasted-summer-squash/>)

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