

Zippy Zucchini

Servings per recipe: 8
Serving size: 1/2 cup

Ingredients

- 4 cups zucchini
- ½ medium onion
- 4 large eggs
- ½ cup shredded cheddar cheese
- 2 ounce jar pimento (or for less “zip” replace pimento with ½ fresh red pepper, chopped)
- ¼ teaspoon salt
- 1/8 teaspoon black pepper

Preparation

- Cut zucchini into chunks. Thinly slice onion.
- Place zucchini and onion in 10” x 6” x 2” dish. Cover with plastic wrap, turning one edge back slightly to vent. Microwave on high for 7 minutes. Drain liquid.
- In large bowl, mix together beaten eggs, cheese, drained pimento (or chopped red pepper). Add zucchini and onions, stirring well.
- Grease dish in which vegetables were microwaved.
- Pour mixture into dish and cover with paper towel. Microwave on medium-high for 4 minutes. Remove paper towel and stir.
- Continue to microwave uncovered for 4 to 6 minutes until centre is set.

Note: If you prefer baking this dish in the oven instead of microwaving, bake at 350° for 30 minutes or until set.

Renal and renal diabetic food choices: ½ meat, 1 medium potassium vegetable

Nutrients per serving: 80 calories, 6 grams protein, 4 grams carbohydrate, 5 grams fat, 141 mg sodium, 222 mg potassium, 106 mg phosphorus.

Adapted from: www.davita.com/recipes/vegetables/zippy-zucchini

