

## Seasonal Eating



## Zucchini Italian Style

- 2 tablespoons olive oil
- 1/2 cup chopped onion
- 4 medium zucchini, coarsely chopped
- 1 (16-ounce) can stewed tomatoes
- 1/2 teaspoon Italian seasoning
- Salt to taste
- 1/4 teaspoon black pepper
- 1/3 cup grated parmesan cheese

In a wok, heat oil. Add onion and zucchini and stir-fry about 1 minute. Add tomatoes, Italian seasoning, salt and pepper. Bring to a boil. Cover and steam 4-5 minutes or until zucchini is still slightly crisp. Stir in cheese and stir-fry about 30 seconds. Serve immediately.