

Firecracker Zucchini

Ingredients

- 1 medium zucchini
- 1/8 tsp vegetable oil
- 1/8 tsp sesame oil
- 1 tsp sambal oelek chili sauce

Directions

1. Cut zucchini into sticks and stir fry in wok or sauté pan at high heat. Cook with oil and sambal until tender.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 11 calories, 0.51 g fat, 0.09 g saturated fat, 13 mg sodium, 1.55 g carbohydrate, 0.42 g fiber, 1.2 g sugar, 0.53 g protein

