

## Herbed Veggie Skillet

### Ingredients

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- 2 tsp. canola oil
- 8 oz. zucchini (sliced)
- 1/4 cup sliced onion
- 1/4 cup diced green bell pepper
- 3/4 cup frozen whole kernel corn
- 1/3 cup diced tomato
- 2 Tbsp. water (plus more if needed)
- 1/8 tsp. dried basil (crumbled)
- 1/8 tsp. dried marjoram (crumbled)
- 1/8 tsp. dried oregano (crumbled, to taste)
- pepper, to taste



### Directions

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1. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the zucchini, onion, and bell pepper for 3 minutes, or until the onion is soft, stirring frequently.
2. Stir in the remaining ingredients except the pepper. Cook, covered, for 5 minutes, or until the zucchini is tender, adding more water if necessary. Sprinkle with the pepper.

Nutrition Information: (Per Serving)

#### **4 Servings**

70 Calories

2.5 g Fat

11 g Carbohydrate

2 g Protein

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