

## **Zucchini Italian Style**

3-4 medium zucchini, washed, cut into rounds

1 large onion, thick sliced

½ a red or yellow pepper, cut into quarters or thick slices

2 tablespoons olive oil

Salt to taste

Wash the zucchini well as these will not be peeled– use a vegetable scrubber if you wish.

Heat oil in pan—either a frying pan or a 2 or 3 quart saucepan

Add onions, zucchini, peppers, salt and pepper

Cook uncovered on medium to low heat stirring frequently –until the onion is transparent and the zucchini is soft.

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