

## Zucchini, Celery & Mushrooms

3 medium zucchini  
 2 stalks celery  
 4 large firm mushrooms  
 2 teaspoons unsalted butter  
 2 teaspoons canola oil  
 1/2 teaspoon salt  
 1/2 teaspoon pepper  
 1/2 teaspoon sugar

1. Wash the unpeeled zucchini and slice into very thin rounds. Wash the celery and slice diagonally into the same thickness. Trim the stems of the mushrooms and slice into the same thickness as the zucchini and celery.
2. Heat butter and oil in a heavy skillet. Add celery and cook 2 minutes. Add zucchini and cook 4 to 5 minutes, turning and stirring. Add mushrooms and cook 2 more minutes. Season with salt, pepper and sugar. Mix well.

Serves 6.

<b>Nutrition Facts</b>		
Serving Size: 1/6 of recipe		
Servings per recipe: 6		
<b>Amount Per Serving</b>		
<b>Calories</b> 45	Calories from fat 27	
	% Daily Value	
<b>Total Fat</b> 3g		5%
Saturated Fat 1g		5%
<b>Cholesterol</b> 3mg		1%
<b>Sodium</b> 193g		8%
<b>Carbohydrate</b> 4g		1%
Dietary Fiber 2g		6%
<b>Protein</b> 2g		3%
Vitamin A: 8%	Vitamin C: 17%	Folacin: 7%
Calcium: 2%	Iron: 4%	Potassium: 9%

