

Herbed Veggie Skillet



Savory herbs add full flavor to this easy mixed vegetable dish.

- 69 Calories per serving
- 0.0 g Saturated Fat per serving
- 9 mg Sodium per serving

Ingredients

- + 2 tsp. **canola or corn 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

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.