

Zucchini with Garlic and Corriander

- 1 1/4 pounds small zucchini, cut into 1/4 in slices
- 1 1/2 tbsp olive oil
- 3 large garlic gloves, peeled and minced
- 2 tsp coriander
- 1/4 tsp salt
- 1/8 tsp cayenne pepper



Bring a medium pan of water to boil. Add zucchini to water and cook for 3 minutes. Transfer to a paper towel lined plate. Heat oil in saucepan, add garlic and cook over low heat for about 15 seconds. Add coriander and stir over low heat a few seconds to blend. Immediately add zucchini, tossing. Season with salt and pepper.

Per recipe: 236 mg phe, 0 g protein
Per serving (1 tbsp): 10 mg phe, 0 g protein



Cristine M. Trahms Program for Phenylketonuria
University of Washington - CHDD - Box 357920, Seattle, WA 98195

(206) 598-1800, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>