

Department of Genetics and Genomic Sciences Icahn Institute for Genomics and Multiscale Biology

METABOLIC NUTRITION PROGRAM

Vegetable and Avocado Sauté

Adapted from Adrienne J. Davenport, MPH, RD

Servings per Recipe: 6 Serving Size: 1 cup

Per Serving: 110 Calories, 2.1 gm Protein,

8gm Carbohydrate

1 1/2 Tablespoon olive oil

2 teaspoon garlic, finely chopped

1/2 large shallot, finely chopped

1/2 Tablespoon fresh thyme leaves

1 zucchini cut lengthwise, sliced 1/4-inch thick

½ red bell pepper, cut into 1-inch squares

1 Tablespoon lemon peel, grated

1 ½ Tablespoon fresh lemon juice

1 ripe avocado, peeled and cut into chunks

Directions

- In a large skillet, heat oil over medium- high heat. Add garlic, shallot and thyme, sauté for 3 minutes. Mix in zucchini, bell pepper and lemon peel, stir and cook for 2 minutes. Lower heat and cover, cooking for 3 minutes.
- 2. In a small bowl, combine lemon juice with avocado. Add to skillet and gently mix. Cook for 2 minutes to allow flavors to blend.

Nutrition Facts Servina Size 1 cup (153a) Servings Per Container 6 Amount Per Serving Calories 110 Calories from Fat 80 % Daily Value* Total Fat 9g 14% 8% Saturated Fat 1.5g Trans Fat 0g 0% Cholesterol 0mg Sodium 10mg 0% Total Carbohydrate 8g 3% 12% Dietary Fiber 3g Sugars 3g Protein 2g Vitamin A 10% Vitamin C 60% Calcium 2% Iron 4% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs Calories: 2,000 Less than Saturated Fat Less than 25g 300mg Cholesterol Less than Sodium Less than 2,400mg 2,400mg 375g Total Carbohydrate 300g Dietary Fiber Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4