

Sautéed Zucchini with Gruyere

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/zucchini-swiss-cheese-casserole-recipe>

Ingredients:

- 1 pound zucchini about 4 small zucchini or 1 large, sliced into 1/4 to 1/2 inch thick slices, if working with a large zucchini, cut in...
- 2 tablespoons grapeseed oil or canola oil
- 1/2 onion sliced
- 1 clove garlic minced
- 2 tablespoons fresh tarragon chopped, or 1/2 teaspoon dried
- 1/4 cup fresh basil chopped, or 1 teaspoon dried
- 2 ounces swiss cheese Gruyere, can substitute other Swiss cheese, thinly sliced
- salt
- pepper

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 15 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 6 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 230 milligrams
9. Sugar: 4 grams

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