



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
**Jan Elliott Evans, PhD, RD, CNSD**  
**Registered Dietitian**  
**drevans@ub-well.com**  
**www.ub-well.com**  
**(804) 339-3200**

## **ZUCCHINI CHILE-CHEDDAR MASH**

***EATINGWELL.COM – JULY/AUGUST 2011***

***Makes 4 servings***

- 1** tablespoon canola oil
- 1¼** pounds zucchini (2-3 medium), halved lengthwise and sliced
- 1** medium onion, chopped
- 1** 4-ounce can diced green chiles, drained
- ¼** teaspoon salt
- ½** cup grated extra-sharp Cheddar cheese

- **Heat oil in a large non-stick skillet over medium heat. Add zucchini and onion; stir to coat. Cover and cook, stirring occasionally, until very soft and lightly browned, 12-15 minutes. Stir in the chiles and salt; cook until heated through, 1 minute more.**
- **Transfer to a medium bowl. Mash with a potato masher until chunky, not completely smooth.**
- **Stir in cheese and serve immediately.**