

Peeled and Pan Fried Zucchini

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil
- 2 Zucchini (medium, peeled, sliced into rounds)
- 1/4 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	94	Iron	1mg
Fat	7g	Vitamin D	0IU
Carbs	6g	Folate	47µg
Fiber	2g	Magnesium	35mg
Protein	2g	Zinc	1mg
Vitamin C	35mg		

DIRECTIONS

- 01 Heat oil in a skillet over medium-high heat.
- 02 Add the zucchini slices and cook for about 3-5 minutes each side, or until brown.
- 03 Season with salt and enjoy!

NOTES

RECIPE ID 209

HOW TO INTRODUCE

Peel and seed zucchinis when first introducing them to your diet. As you advance, peel the skin into strips and leave seeds. Then leave the skin on but always ensure it is well cooked.

ALTERNATIVE METHODS

Grill, roast or steam them instead. Ensure zucchini is completely cooked and soft.

ALTERNATIVES TO COCONUT OIL

Use olive oil, ghee or butter.