Zucchini Provencale

Makes 4 servings

Ingredients

- 1 onion, thinly sliced and separated into rings
- 1 green pepper, cut in thin strips
- 1 clove garlic, minced
- 2 Tbsp olive or cooking oil
- 3 medium zucchini, thinly sliced
- 3 medium tomatoes, coarsely chopped
- 1/4 cup tomato paste
- 1/4 cup sliced pitted ripe olives
- 1 tsp dried basil leaves
- 3/4 tsp salt
- 1 bay leaf
- 1/4 tsp pepper

Instructions

Range Top Method

1. Cook onion, green pepper, and garlic in hot oil in a 12-inch skillet for 5 minutes, stirring frequently.
2. Add zucchini, tomatoes, tomato paste, olives, dried basil, salt, bay leaf, and pepper.
3. Cover and simmer 10 minutes, stirring frequently.
4. Remove cover. Continue cooking, stirring frequently, until vegetables are tender, about 10 minutes.

Microwave Oven Method

1. Combine onion, green pepper, garlic, and oil in a 3-quart glass casserole. Cover.
2. Microwave on high 5 minutes or until onions are transparent.
3. Stir in zucchini. Microwave, covered, 5 minutes.
4. Add tomatoes, tomato paste, olives, dried basil, salt, bay leaf, and pepper.
5. Microwave 10 minutes or until vegetables are tender, stirring 3 times.
6. Cover and let stand 5 minutes.

Electric Skillet Method

1. Add oil to skillet and heat to 350°F.
2. Add onion, green pepper, and garlic. Sauté until onion is transparent, about 5 minutes, stirring frequently.
3. Add tomatoes, tomato paste, olives, basil, salt, bay leaf, and pepper.
4. Cover and simmer, with vent closed, 10 minutes.
5. Open vent and continue cooking 10 more minutes, stirring occasionally.

ZUCCHINI PROVENCALE

(Basic Recipe—Makes 4 servings)

- 1 onion, thinly sliced and separated into rings
- 1 green pepper, cut in thin strips
- 1 clove garlic, minced
- 2 tablespoons olive or cooking oil
- 3 medium zucchini, thinly sliced
- 3 medium tomatoes, coarsely chopped
- ¼ cup tomato paste
- ¼ cup sliced pitted ripe olives
- 1 teaspoon dried basil leaves
- ¾ teaspoon salt
- 1 bay leaf
- ¼ teaspoon pepper

RANGE TOP METHOD: Cook onion, green pepper and garlic in hot oil in a 12-inch skillet 5 minutes, stirring frequently. Add zucchini, tomatoes, tomato paste, olives, dried basil, salt, bay leaf and pepper. Cover and simmer 10 minutes, stirring frequently. Remove cover. Continue cooking, stirring frequently, until vegetables are tender, about 10 minutes.

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MICROWAVE OVEN METHOD: Use ingredients listed in basic recipe. Combine onion, green pepper, garlic and oil in a 3-quart glass casserole. Cover. Microwave on high 5 minutes or until onions are transparent. Stir in zucchini. Microwave, covered, 5 minutes. Add tomatoes, tomato paste, olives, dried basil, salt, bay leaf and pepper. Microwave 10 minutes or until vegetables are tender, stirring 3 times. Cover and let stand 5 minutes.

ELECTRIC SKILLET METHOD: Use ingredients listed in basic recipe. Add oil to skiilet and heat to 350 degrees. Add onion, green pepper and garlic. Saute until onion is transparent, about 5 minutes, stirring frequently. Add tomatoes, tomato paste, olives, basil, salt, bay leaf and pepper. Cover and simmer, with vent closed, 10 minutes. Open vent and continue cooking 10 more minutes, stirring occasionally.

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