Zucchini Salad

Makes 6 servings

Ingredients:
1 1/2 medium zucchini, sliced
1 medium onion, chopped
1/2 large green bell pepper, chopped
1/2 chicken (or beef) bouillon cube
1 1/2 tablespoons vegetable oil
1/2 tablespoons cider vinegar
1 cup kidney beans, drained (optional)
1 teaspoon sugar
1/4 teaspoon salt
1/8 teaspoon black pepper

Directions:
1. Cook zucchini, onion, green bell pepper, and chicken bouillon cube in vegetable oil for 5 minutes (or longer, to your taste).
2. Add kidney beans. Heat through, then remove from heat.
3. In a small bowl, mix remaining ingredients. Add to zucchini mixture. Stir.
4. Serve warm, or refrigerate for later to use as a cold salad.

Source: Broome County Cornell Cooperative Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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