

ZEBRA ZUCCHINI BOWL



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

An EEO/AA Institution

What you need:

Zebra Zucchini Bowl:

1/4 c. zucchini, quartered and sliced

1/4 c. tomato sauce

Turkey meatballs, pre-packaged and cooked

3 tbsp. shredded cheese

Sides:

Sliced oranges

English Muffin

Preparation:

1. Sauté zucchini with tomato sauce or your favorite tomato-based pasta sauce for 2 minutes on medium heat.
2. Follow instruction on how to cook meatballs
3. Add prepared ingredients into a bowl and top with shredded cheese
4. Pair with sliced oranges and a whole wheat English muffin for a complete meal!

**This meal is CACFP approved if served with milk.

