



A Nutrition Resource

# VEGETABLE RIBBONS

**Yield: 4 Servings | Serving Size: 3/4 cup**  
**Cost/serving: \$0.30**

## Ingredients:

1 medium zucchini (about 1 1/2 cups after cutting)  
1 large carrot (about 1 1/2 cups after cutting)  
1 teaspoon olive oil or vegetable oil (or use cooking spray)  
Optional: 1/4 teaspoon pepper, dash of salt

## Directions:

- 1) Wash zucchini and peel carrot; cut off ends. Using a vegetable peeler, shave the zucchini and carrot into ribbons by moving the peeler back and forth.
- 2) Heat the oil in a large skillet over medium heat. (Or lightly coat pan with cooking spray.)
- 3) Add the vegetable ribbons, stir; cover with a tight-fitting lid and cook for 2 to 3 minutes, or until vegetables are tender but not overcooked.
- 4) Remove from heat, add pepper and salt, if desired, and serve immediately.

**Option:** To make vegetable coins instead of ribbons, cut zucchini and carrot into thin slices. Add 1/4 cup water to the pan; cover and cook 5 to 8 minutes.



## Nutrition Facts

4 servings per container

**Serving size** 3/4 cup (70g)

**Amount per serving**

**Calories** **25**

**% Daily Value\***

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 20mg **1%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 1g

Vitamin D 0mcg **0%**

Calcium 14mg **2%**

Iron 0mg **0%**

Potassium 194mg **4%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)

**This institution is an equal opportunity provider.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



**MONTANA**  
STATE UNIVERSITY

EXTENSION