

Sauteed Carrot & Zucchini Matchsticks

A bright and healthy side dish that's super easy, but looks fancy

4 servings

3 large carrots, peeled

1-2 medium zucchinis

2 tablespoons butter or oil

1/2 teaspoon salt

¼ teaspoon pepper

Chopped fresh, or dried parsley, dill, basil or thyme

Cut carrots and zucchini into thin, three-inch long matchstick strips.

Bring a large skillet of lightly salted water to a boil.

Add carrots and cook for 2 minutes. Add the zucchini to pan and continue cooking for 1 minute more.

Drain vegetables and return to medium heat.

Add the oil or butter to the skillet along with 1/2 teaspoon salt and ¼ teaspoon pepper. Stir gently until warmed through.

Serve sprinkled with fresh or dried herbs.

Note: If cutting the veggies into matchsticks seems like too much work, simply cut carrots into thin “coins” and zucchini into “half-moons” and cook as directed above.