

Sautéed Zucchini

Recipe inspired by "GeniusKitchen.com"

Ingredients:

- 2 pounds zucchini, cut into small cubes
- 2 tablespoons olive or vegetable oil
- 2 shallots or 1 small onion, thinly sliced and diced
- 2 cloves garlic, minced
- *Optional:* 1 tablespoon chopped fresh parsley
- Salt to taste

Method:

1. Sauté onions or shallots in oil until slightly brown and softened.
2. Add diced zucchini and garlic and cook over medium heat until almost cooked through, about 15 minutes).
3. Add optional chopped parsley (or other seasoning) and salt to taste. Cook for another 5 minutes, or until zucchini is fully cooked. Enjoy!

More recipes: www.hopelink.org/need-help/food/healthy-recipes

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