

Skillet Zucchini and Mushrooms - A 20-Minute Healthy Side Dish

quick, wholesome, and flavor-packed side dish



TIME
20 min

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INGREDIENTS

2 medium zucchinis, sliced
8 oz mushrooms, sliced (cremini or button)
2 tbsp olive oil
2 cloves garlic, minced
½ tsp dried oregano
½ tsp dried thyme
Salt and pepper, to taste
... cup grated Parmesan cheese (optional)
Fresh parsley, chopped (for garnish)

DIRECTIONS

1. **Heat the Skillet:** In a large skillet, heat olive oil over medium heat.
2. **Cook the Mushrooms:** Add the sliced mushrooms to the skillet and sauté for 4-5 minutes, stirring occasionally, until browned and tender.
3. **Add Zucchini and Garlic:** Stir in the zucchini and minced garlic. Cook for another 4-5 minutes, or until the zucchini is just tender but still slightly crisp.
4. **Season the Veggies:** Sprinkle in the oregano, thyme, salt, and pepper. Stir to coat and cook for 1 more minute to blend the flavors.
5. **Finish with Cheese (Optional):** If using, sprinkle with grated Parmesan and let it melt into the warm vegetables.
6. **Garnish and Serve:** Remove from heat, sprinkle with chopped fresh parsley, and serve warm.

SWAPS & NOTES

Herbs : Swap in Italian seasoning or fresh rosemary for a different twist.

Add Protein : Toss in grilled chicken or chickpeas for a quick meal.

Make it Vegan : Skip the Parmesan or use a dairy-free cheese alternative.

Other Veggies : Add red bell peppers or spinach for even more color and nutrients.

TIPS FOR SUCCESS

Don't overcrowd the pan-this helps the mushrooms brown instead of steam.

Slice zucchini evenly so they cook at the same rate.

Adjust salt and herbs to taste depending on whether you're pairing with mild or bold mains.

Great served immediately, but leftovers reheat well too!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/skillet-zucchini-and-mushrooms-a-20-minute-healthy-side-dish/>