

Simple Sautéed Zucchini: A Quick and Healthy Side Dish

The Simplicity and Versatility of Zucchini



TIME
5-7 min

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INGREDIENTS

2 medium zucchini (about 1 lb total)
1 tablespoon olive oil
2 cloves garlic, minced
1/2 teaspoon salt (or to taste)
1/4 teaspoon black pepper (or to taste)
Optional: 1 tablespoon fresh parsley or basil, chopped, for garnish
Optional: A squeeze of fresh lemon juice

DIRECTIONS

1. Let's get this simple, healthy side dish on the table in minutes!
2. Prepare : Zucchini: Wash the zucchini thoroughly. Trim off the ends. You can slice the zucchini into rounds (about 1/4-inch thick), half-moons, or cut into sticks or chunks, depending on your preference. For even cooking, try to keep the pieces roughly uniform in size.
3. Heat : Skillet: Heat the olive oil in a large skillet (non-stick or cast iron works well) over medium-high heat.
4. Sauté Garlic: Add the minced garlic to the hot oil and cook for about 30 seconds, stirring constantly, until fragrant. Be careful not to burn the garlic!
5. Add : Zucchini & Season: Add the sliced zucchini to the skillet in a single layer if possible (cook in batches if your pan is too crowded). Sprinkle evenly with salt and black pepper.
6. Cook : Zucchini: Sauté the zucchini for 5-7 minutes, stirring occasionally, until it's tender-crisp and slightly browned. You want it cooked through but still with a little bite, not mushy.
7. Finish & : Serve: Remove the skillet from the heat. If desired, stir in fresh chopped parsley or basil and a squeeze of fresh lemon juice. Taste and adjust seasoning if needed. Serve immediately.

SWAPS & NOTES

of the zucchini, making it a healthy, flavorful, and

incredibly adaptable side dish that can pair with nearly any main course.

It's a testament to the idea that sometimes, the simplest preparations yield the most satisfying results.

Smaller to medium-sized zucchini tend to be more tender and have

fewer seeds than very large ones.

Yellow squash can be substituted or used in combination.

TIPS FOR SUCCESS

Don't Overcrowd the Pan: This is the most crucial tip for sautéed zucchini!

Overcrowding lowers the pan temperature and causes the zucchini to steam instead of sear, resulting in soggy vegetables.

High Heat, Quick Cooking: Sautéing at medium-high heat allows the zucchini to brown slightly and become tender-crisp without getting mushy.

Uniform Slices: Cut zucchini into even pieces for consistent cooking.

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

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