

## Low-Carb SautØed Zucchini with Mushrooms: A Healthy Side Dish

Low-Carb SautØed Zucchini with Mushrooms



**TIME**  
**1 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

### INGREDIENTS

2 large zucchinis, sliced into half-moons  
2 cups mushrooms, sliced  
2 tablespoons olive oil  
2 cloves garlic, minced  
1 teaspoon dried thyme  
Salt and pepper to taste  
1/4 cup grated Parmesan cheese (optional)  
Fresh parsley, chopped (for garnish)

#### Swaps and Notes:

**Zucchini:** This recipe is a great way to use up zucchini, but you can also use other vegetables. Sliced yellow squash, bell peppers, or even a handful of fresh spinach would be delicious alternatives.

**Mushrooms:** Cremini mushrooms are a great choice for their rich, earthy flavor, but you can use any mushrooms you have on hand.

**Cheese:** The grated Parmesan cheese is a perfect finishing touch. It adds a salty, savory flavor that complements the vegetables beautifully. You can also use other cheeses like crumbled feta or goat cheese.

**Herbs:** Dried thyme is a classic pairing for mushrooms and zucchini. You can also add other herbs like fresh rosemary or a little bit of basil.

**Oil:** Olive oil is a perfect choice for its flavor and for sautØing the vegetables.

#### Directions:

**Saut  Aromatics:** Heat the olive oil in a large skillet over medium heat. Add the minced garlic and saut  for about 1 minute until it becomes fragrant.

**Cook the Mushrooms:** Add the sliced mushrooms to the skillet and cook for about 5 minutes, stirring occasionally, until they begin to brown and soften.

**Add Zucchini and Seasoning:** Add the zucchini slices and dried thyme to the skillet. Season with salt and pepper.

**Finish Cooking:** Continue to cook for another 7 10 minutes, stirring occasionally, until the zucchini is tender but not mushy.

**Add Cheese:** If you're using it, sprinkle with the grated Parmesan cheese and let it melt over the vegetables.

**Garnish and Serve:** Garnish with fresh chopped parsley before serving.

#### Tips for Success:

**Don't Overcrowd the Pan:** When saut ing the mushrooms and zucchini, make sure you don't overcrowd the skillet. If the pan is too full, the vegetables will steam instead of saut ing, and you'll miss out on that delicious brown color.

**Cook Mushrooms First:** Cooking the mushrooms first is a crucial step. It allows them to release their moisture and get a nice brown color before you add the zucchini.

**Cut Zucchini Evenly:** Make sure you cut your zucchini into similar-sized half-moons. This ensures they all cook at the same rate.

**Season in Layers:** Seasoning the dish with salt and pepper at the beginning and then again at the end is a great way to ensure the flavors are balanced.

#### Serving Suggestions and Pairings:

#### Nutritional Information:

#### Storage and Leftover Tips:

#### Final Thoughts:

## DIRECTIONS

1. **Saut  Aromatics:** Heat the olive oil in a large skillet over medium heat. Add the minced garlic and saut  for about 1 minute until it becomes fragrant.
2. **Cook the : Mushrooms:** Add the sliced mushrooms to the skillet and cook for about 5 minutes, stirring occasionally, until they begin to brown and soften.
3. **Add : Zucchini and Seasoning:** Add the zucchini slices and dried thyme to the skillet. Season with salt and pepper.
4. **Finish : Cooking:** Continue to cook for another 7 10 minutes, stirring occasionally, until the zucchini is tender but not mushy.
5. **Add : Cheese:** If you're using it, sprinkle with the grated Parmesan cheese and let it melt over the vegetables.
6. **Garnish and : Serve:** Garnish with fresh chopped parsley before serving.
7. **Tips for Success: Don't Overcrowd the Pan:** When saut ing the mushrooms and zucchini, make sure you don't overcrowd the skillet. If the pan is too full, the vegetables will steam instead of saut ing, and you'll miss out on that delicious brown color.
8. **Cook : Mushrooms First:** Cooking the mushrooms first is a crucial step. It allows them to release their moisture and get a nice brown color before you add the zucchini.
9. **Cut : Zucchini Evenly:** Make sure you cut your zucchini into similar-sized half-moons. This ensures they all cook at the same rate.
10. **Season in : Layers:** Seasoning the dish with salt and pepper at the beginning and then again at the end is a

great way to ensure the flavors are balanced.

11. **Serving Suggestions and Pairings:** This dish is incredibly versatile. It is a fantastic side dish for roasted chicken, steak, or a simple fish. You can also serve it as a vegetarian main course over a bed of quinoa or with some warm, crusty bread.
12. For a drink pairing, a light white wine or a crisp sparkling water would be a perfect complement.
13. **Nutritional Information:** (Please note that this is an estimate and will vary based on specific brands and portion sizes)
14. This is a healthy and well-rounded side dish. Zucchini and mushrooms are great sources of vitamins and fiber. The olive oil provides healthy fats. It's a delicious and satisfying meal that is perfect for a balanced diet and a low-carb eating plan.
15. **Storage and Leftover Tips:** Leftovers of this dish are fantastic! Store any remaining portions in an airtight container in the refrigerator for up to 3 days. To reheat, you can place a serving in a microwave-safe dish and warm it up, or for a better texture, you can reheat it in a skillet over medium heat until it's hot again.
16. **Final Thoughts:** This Low-Carb Sautøed Zucchini with Mushrooms recipe is a timeless classic for a reason. It's a flavorful, easy, and healthy meal that is perfect for any occasion. The combination of a tender texture and a savory seasoning is simply irresistible. I hope you enjoy this effortless and delicious meal as much as I do!

## SWAPS & NOTES

**Zucchini :** This recipe is a great way to use up zucchini, but you can also use other vegetables.

Sliced yellow squash, bell peppers, or even a handful of fresh spinach would be delicious alternatives.

**Mushrooms :** Cremini mushrooms are a great choice for their rich, earthy flavor, but you can use any mushrooms you have on hand.

**Cheese :** The grated Parmesan cheese is a perfect finishing touch.

## TIPS FOR SUCCESS

**Don't Overcrowd the Pan :** When sautøing the mushrooms and zucchini, make sure you don't overcrowd the skillet.

If the pan is too full, the vegetables will steam instead of sautøing, and you'll miss out on that delicious brown color.

**Cook Mushrooms First :** Cooking the mushrooms first is a crucial step.

It allows them to release their moisture and get a nice brown color before you add the zucchini.

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

Original recipe: <https://chefmaniac.com/low-carb-sauteed-zucchini-with-mushrooms-a-healthy-side-dish/>