

Low-Carb SautØed Zucchini with Mushrooms for an Easy Healthy Side Dish

Low-Carb SautØed Zucchini with Mushroom



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1 min

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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

DIRECTIONS

1. Heat the oil: In a large skillet, heat the olive oil over medium heat.
2. SautØ the garlic: Add the minced garlic and cook for about 1 minute, just until fragrant. Be careful not to let it brown too much.
3. Cook the mushrooms: Add the sliced mushrooms to the skillet and cook for about 5 minutes, stirring occasionally, until they begin to brown and release their moisture.
4. Add the zucchini: Stir in the zucchini slices and dried thyme. Season with salt and pepper to taste.
5. Cook for another 7 to 10 minutes, stirring occasionally, until the zucchini is tender but not mushy.
6. Finish and serve: If using Parmesan, sprinkle it over the vegetables and let it melt slightly before serving. Garnish with chopped fresh parsley and serve warm.

SWAPS & NOTES

Zucchini is ideal here because it cooks quickly and stays tender without getting too heavy, but yellow squash would also work well if that is what you have on hand.

You can even do a mix of both for extra color.

For the mushrooms, white button mushrooms or baby bellas are both great choices.

Baby bellas bring a deeper, earthier flavor, while white mushrooms keep things mild and classic.

TIPS FOR SUCCESS

If the pan is too full, the vegetables can steam instead of sautØ, and you will miss out on some of that golden color and

concentrated flavor.

Cook the mushrooms first so they have time to release their moisture and brown properly before the zucchini goes in.

This helps keep the final dish from becoming watery.

Slice the zucchini evenly so it cooks at the same rate.

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