

## Sautéed Julienne Zucchini with Basil

This is an easy side dish of delicious zucchini. You can use other herbs like marjoram or thyme in place of the basil for variation.

2 servings

1 lb zucchini rinsed, dried, ends trimmed

½ - 1 tsp Celtic sea salt

2 Tb olive oil

3 Tb coarsely chopped fresh basil

1 garlic clove pounded to a puree

- Shred the zucchini using the julienne blade of a mandoline or the large holes of a box grater
- Layer the zucchini into a mixing bowl, salting each layer lightly (The amount of salt to use will have the zucchini taste highly seasoned but not salty)
- Let stand for 20 minutes
- Drain the zucchini in a colander, squeezing tightly to remove as much liquid as possible
- Heat olive oil on medium-high heat in a heavy bottomed sauté pan
- Add the drained zucchini and sauté, tossing frequently until lightly browned about 7 minutes
- Keep spreading the zucchini out in the pan with a spatula and pressing down to help it brown.
- When the zucchini is cooked remove the pan from the heat and stir in the chopped basil and garlic
- Serve hot or at room temperature