



“Sautéed” Zucchini

2 servings

2 zucchinis, sliced into half-moons

1 yellow summer squash, sliced into half-moons

½ sweet red pepper, chopped

½ large yellow onion chopped

2 cloves garlic

2-3 sprigs of fresh thyme

¼ cup water

Celtic sea salt and fresh pepper

1 tsp fresh thyme leaves chopped

6 olives pitted and coarsely chopped

1 Tb extra virgin olive oil

- Prepare all the vegetables.
- In a large sauté pan add ¼ cup of water and heat over medium until the water is steamy.
- Add the zucchinis, squash, red pepper, onion, garlic and thyme sprigs. Sprinkle with salt
- Cover the pan and sauté for a few minutes.
- Remove the lid and continue to sauté until crisp tender, adding small bits of water if the pan goes dry.

- A minute or so before the veggies are ready add the olives and chopped thyme, stir a bit.
- Remove from heat, season with fresh pepper and stir in the olive oil. Taste for salt.
- Serve warm or at room temperature

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