***Sauteed Zucchini, Mushrooms and Parmesan Cheese***



***INGREDIENTS***

* 2 Tablespoons unsalted butter
* 2 – 3 cloves of minced garlic (optional)
* 1 medium zucchini
* 1 cup sliced mushrooms
* ¼ Teaspoon dried parsley
* Pinch of ground black pepper.
* 1/8 cup grated parmesan cheese

***DIRECTIONS***

1. A sliced apple on a cutting board

   Description automatically generatedWash and slice the zucchini.
2. Melt the unsalted butter in a large skillet over medium heat.
3. Once the butter has begun to bubble, add minced garlic and sauté until fragrant (about 2 – 3 minutes) Do not overcook the garlic.
4. Add the zucchini and mushrooms and parsley. Sauté for about 5- 7 minutes over medium heat. The zucchini should be fork tender but not mushy.
5. Turn off the heat and stir in the parmesan cheese.
6. Top with freshly grated black pepper and more parsley.
7. Enjoy.