

Healthy Recipe: Zucchini With Mint

You can eat this dish warm as a side or at room temperature as part of an antipasto assortment.

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This recipe combines Zucchini with Mint for a simple and fresh flavor. Choose small tender zucchini that are similar in size. You can eat this dish warm as a side or at room temperature as part of an antipasto assortment. If you eat them cold, drizzle with a little lemon juice and some good olive oil before serving.

4 servings

7 ingredients

15 minute prep

Ingredients

- 12 small zucchini, washed, topped and tailed
- 2 tablespoons extra virgin olive oil
- 2 scallions white parts only, julienned
- Juice of ½ lemon, to taste (optional)
- ½ tablespoon chopped flat leaf [parsley](#)
- 1 tablespoon chopped mint
- Sea salt, to taste

Directions

1. Cut the zucchini into quarters lengthwise, then across into ½ - ¾-inch long chunks. If you cannot get small zucchini, try 8-10 large ones.
2. Heat the olive oil in a wide skillet over medium-high heat. When the oil starts to shimmer, add the scallions. Sauté until they soften, then add the zucchini and a pinch of sea salt.
3. Turn the heat to medium and sauté the zucchini until they have softened and have started to turn golden. This will take about 15-20 minutes. Check for seasoning and, if desired, add the lemon juice

to taste. Sprinkle with the chopped mint and parsley. Cook one more minute for the flavors to blend. Serve.

Nutrition Facts (per serving)

Calories: 125; Fat: 8g; Saturated Fat: 1g; Polyunsaturated Fat: 1g; Monounsaturated Fat: 5g; Carbohydrates: 13g; Sugar: 9g; Fiber: 4g; Protein: 5g; Sodium: 878mg

Registered Dietitian Approved

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