

# Betty's Summer Sauteed Zucchini Recipe



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In this video, Betty demonstrates how to make Summer Sauteed Zucchini to accompany the family's evening meal. This dish consists of fresh zucchini, sliced and sautéed, and then tossed with a topping of Parmesan cheese, grated lemon rind, and salt and pepper. Delicious and colorful!

Ingredients:

- 1 pound zucchini squash, washed and sliced into ¼-inch-thick slices
- 1 ½ teaspoons extra virgin olive oil
- 1 tablespoon shredded Parmesan cheese
- ¼ teaspoon grated lemon rind
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Saute 1 pound sliced zucchini in 1 ½ teaspoons olive oil in a large skillet over high heat, stirring constantly, about 5 minutes, or until crisp-tender. Remove from heat. Cover with a lid and let stand 5 minutes. In a small bowl, combine 1 tablespoon shredded Parmesan cheese, ¼ teaspoon grated lemon rind, ¼ teaspoon salt, and ¼ teaspoon ground black pepper. Spoon zucchini into a serving bowl, sprinkle with the cheese mixture, and toss gently. Serve immediately. This is a great summertime accompaniment to a meal, particularly if you have zucchini in your garden that need to be used! I hope you enjoy this recipe! --Betty ☐