

HOW TO PREPARE ZUCCHINI RIBBONS



INGREDIENTS

- 1 T Healthy oil
- 1 clove Garlic (minced)
- 2 Zucchini

DIRECTIONS

- 1 Cut the ends off of the zucchini but leave on the green 'skin'
- 2 Wash the zucchini & then pat dry
- 3 Use a mandoline to slice into thin strips **OR** slice lengthwise with a sharp knife
- 4 Heat the oil in a large non-stick saute pan over a medium-heat
- 5 Add the garlic & cook for 30 seconds
- 6 Add the zucchini ribbons, cover the pan stirring occasionally
- 7 When the zucchini is tender (6 minutes) remove from the stove

NOTE

Works well as an addition to pasta



