

Pantry Highlight: Fresh Zucchini and Tomatoes



Zucchini and Tomato Sauté

INGREDIENTS

- 1.5 TBSP OLIVE OIL
- 1 SMALL ONION (RED OR SWEET)
- 2 MEDIUM ZUCCHINIS CUT INTO ½ INCH CUBES
- 1.5 -2 CUPS CHERRY/GRAPE TOMATOES SLICED IN HALF
- 2-3 CLOVES MINCED GARLIC
- 1 TB CHOPPED BASIL IF YOU HAVE IT!
- SALT AND PEPPER TO TASTE

NOTES:
ADAPTED FROM ONCEUPONACHEF.COM

PROCEDURE

1. HEAT OLIVE OIL IN A PAN OVER MEDIUM HEAT.
2. STIR IN CHOPPED ONIONS AND STIR OFTEN WHILE SAUTÉING. WAIT UNTIL ONIONS ARE SOFT & TRANSLUCENT, AVOID BROWNING THE ONIONS (DON'T LET THEM GET CRUNCHY)
3. ADD IN THE ZUCCHINI, TOMATOES, GARLIC, SALT & PEPPER AND SAUTÉ FOR 3-5 MINUTES. AVOID LETTING THE ZUCCHINI GET SOGGY. THE TOMATOES WILL "DEFLATE" A LITTLE WHICH ADDS SOME JUICE TO THE MIXTURE.
4. SERVE AS A SIDE DISH & ENJOY!