



Sautéed Zucchini

4 servings

INGREDIENTS

- 1 medium clove of garlic
- 2 tsp olive oil
- 1/4 tsp red pepper flakes (optional)
- 1 pound zucchini (about 4 medium), cut into coins

DIRECTIONS

1. Heat oil in a large frying pan over medium-high heat until shimmering.
2. Peel and mince garlic clove and add to pan along with red pepper flakes if you'd like. Cook, stirring occasionally, until fragrant but not browned, about 30 seconds.
3. Add the zucchini to the pan and toss until coated with oil. Let cook undisturbed until the bottoms of the zucchini are golden brown, about 1 minute. Toss again and cook until crisp-tender, about 1 minute more. Remove the pan from heat and season the zucchini with salt and pepper.
4. Serve immediately, with parmesan cheese, if desired.



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