

# Zucchini Parmesan Skillet Dish

## **Ingredients**

- 1 Tablespoon Extra Virgin Olive Oil
- 1 garlic clove, chopped
- 1 medium onion, peeled and thinly sliced
- 2 small baby zucchini squash, leave skin on and slice 1/4 inch thick
- 1 small baby yellow zucchini (summer squash), leave skin on and slice 1/4 inch thick
- 1 ounce Parmesan cheese, grated or shredded
- 1 Teaspoon coarse Kosher salt

## **Directions**

- 1) Measure 1 Tbsp olive oil in a 10-inch skillet.
  - 2) Break onion slices into rings and add to skillet along with chopped garlic. Sauté on medium-high for 2-3 minutes or until onion just begins to soften.
  - 3) Add sliced zucchini (green & yellow) and Kosher salt. Stir well to combine ingredients.
  - 4) Cover skillet and continue to cook, stirring occasionally for 10-15 minutes or until zucchini is hot all the way through but still crispy. Do not overcook. Wilted zucchini is not good in this dish.
  - 5) Replace lid of skillet and sprinkle Parmesan cheese on top.
  6. Replace lid and lower heat to medium.
  7. Cook 5 minutes more or until cheese just begins to melt.
- Makes 8 half-cup servings.

## **Nutritional Info:**

Servings: 8  
Total Carbs: 0 g