

# Healthy Recipe: Zucchini With Mint

You can eat this dish warm as a side or at room temperature as part of an antipasto assortment.

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This recipe combines Zucchini with Mint for a simple and fresh flavor. Choose small tender zucchini that are similar in size. You can eat this dish warm as a side or at room temperature as part of an antipasto assortment. If you eat them cold, drizzle with a little lemon juice and some good olive oil before serving.

4 servings

7 ingredients

15 minute prep

## Ingredients

- 12 small zucchini, washed, topped and tailed
- 2 tablespoons extra virgin olive oil
- 2 scallions white parts only, julienned
- Juice of ½ lemon, to taste (optional)
- ½ tablespoon chopped flat leaf [parsley](#)
- 1 tablespoon chopped mint
- Sea salt, to taste

## Directions

1. Cut the zucchini into quarters lengthwise, then across into ½ - ¾-inch long chunks. If you cannot get small zucchini, try 8-10 large ones.
2. Heat the olive oil in a wide skillet over medium-high heat. When the oil starts to shimmer, add the scallions. Sauté until they soften, then add the zucchini and a pinch of sea salt.
3. Turn the heat to medium and sauté the zucchini until they have softened and have started to turn golden. This will take about 15-20 minutes. Check for seasoning and, if desired, add the lemon juice

to taste. Sprinkle with the chopped mint and parsley. Cook one more minute for the flavors to blend. Serve.

## Nutrition Facts (per serving)

Calories: 125; Fat: 8g; Saturated Fat: 1g; Polyunsaturated Fat: 1g; Monounsaturated Fat: 5g; Carbohydrates: 13g; Sugar: 9g; Fiber: 4g; Protein: 5g; Sodium: 878mg

## Registered Dietitian Approved

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