

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Zucchini Medley

From www.melskitchencafe.com

2 cups sliced zucchini or other summer squash
1 cup sliced onion
1 garlic clove, minced
½ tsp dried basil
¼ tsp dried oregano
¼ tsp salt
1 Tbsp olive oil
1 tomato, cut into 12 wedges
4 oz. shredded mozzarella cheese (optional)

In a large skillet, sauté the zucchini, onion, garlic and seasonings in olive oil until crisp-tender (about five minutes). Gently stir in the tomato; sprinkle with cheese. Remove from the heat and let stand until cheese is melted. Serve immediately.