

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Zucchini with Basil

From www.orangette.blogspot.com

2 to 3 Tbsp olive oil, enough to seem generous without leaving the zucchini oily

2 large garlic cloves, peeled and left whole

1 ½ pounds (about six medium) zucchini, sliced into ¼-inch-thick rounds

Sea salt

A handful of fresh basil leaves

Fresh sliced mozzarella, for serving (optional)

1. Put the olive oil in a large (ideally, 12-inch) skillet, and add the garlic.
2. Warm over medium heat, turning the garlic cloves occasionally, for about five minutes, or until the garlic is fragrant and just beginning to turn golden (do not, under any circumstances, allow the garlic to burn.) Remove and discard the garlic.
3. Add the zucchini to the garlicky oil, along with a generous pinch of salt, and stir to coat the slices with oil. Gently cook over medium heat, stirring occasionally, until the zucchini is very soft – no longer creamy-white on the inside, but rather a pale shade of yellow.
4. When the zucchini is ready, remove it from the heat. Tear the basil leaves, and stir them into the zucchini, allowing them to wilt in the heat. Serve warm or at warmish room temperature with fresh mozzarella (if desired).