

## **Zucchini Sauté**

printed from [leeshandlusrecipebox.blogspot.com](http://leeshandlusrecipebox.blogspot.com)

1-2 tablespoons butter  
1 medium zucchini, yellow or green or a mixture of both  
2 tablespoons yellow onion, finely chopped  
1-2 cloves garlic, minced  
¾ teaspoon Mrs. Dash® seasoning blend  
Garlic salt to taste  
Grated cheese to taste

Cut zucchini lengthwise into quarters, and then cut each quartered section into ¼ inch increments from there.

In a medium size non-stick skillet melt butter over medium heat. When butter is melted add onion and cook for 3-4 minutes until onion is slightly golden and tender, add garlic, zucchini, garlic salt, and Mrs. Dash®. Stir occasionally until zucchini has reached desired tenderness (I like mine to have just a little bit of a bite to it - which is 3-5 minutes). When it's finished cooking sprinkle with grated cheese and let it melt. Serve immediately.

**Recipe Source:** Diana K.