



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

ZUCCHINI NOW

Time: 10 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin olive oil
2 zucchinis – grated
4 cloves garlic - very finely chopped or crushed
½ teaspoon kosher salt
¼ teaspoon fresh ground black pepper
1 tablespoon fresh lemon juice

Preparation:

Place a pan on high heat and add the olive oil.

When the oil is hot, add the zucchini and garlic to the pan. Sprinkle it with the salt and pepper, then stir often for three minutes.

Remove the pan from heat, stir in the lemon juice and serve immediately.

Nutritional Information Per Serving:

Calories: 47
Fat: 4g
Carbs: 3g
Fibre: 1g
Protein: 1g