

## **Stir Fry Zucchini with Mushrooms**

### **Ingredients**

- 2 medium zucchini, sliced into half-moons
- 1 medium onion, sliced
- 2 cups mushrooms, sliced
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon soy sauce (or tamari for gluten-free)
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon red pepper flakes (optional)
- 1/4 teaspoon salt (adjust to taste)
- 1 tablespoon fresh parsley, chopped (for garnish)

### **Instructions**

1. Slice zucchini into 1/4-inch half-moons. Slice mushrooms and onion, and mince garlic.
2. Heat olive oil in a skillet or wok over medium-high heat. Add garlic and sauté for 30 sec–1 min.
3. Add mushrooms and onions. Stir-fry for 2–3 min until mushrooms soften.
4. Add zucchini. Stir-fry for 5–7 min until tender yet crisp.
5. Add soy sauce, black pepper, red pepper flakes, and toss to coat evenly.