

## Seasonal Eating



## Zucchini, Carrots and Basil

- 1 tablespoon olive oil
- 2 small carrots, cut into matchsticks
- 2 small zucchini, cut into matchsticks
- 2 green onions, thinly sliced
- 1 clove garlic, minced
- Dash black pepper
- 1 teaspoon lemon juice
- 2 teaspoons fresh chopped basil

In a medium sized skillet, heat the olive oil. Add the carrots and sauté, stirring frequently over medium high heat. When the carrots start to soften a little, add the zucchini and green onions. Add 1-2 tablespoons of water, if needed. When vegetables are almost done (crisp-tender), add garlic and sauté for a minute. Add pepper, lemon juice and basil. Remove from heat and serve immediately.