

Recipe from Melissa Futrell

One of my favorites is Zucchini Stir Fry. I usually make this by scratch so you can improvise.

- > 3-4 Zucchini washed and sliced
- > 1 Carton of sliced mushrooms
- > Several slices of onion, chopped, or more if you like
- > Salt and pepper to taste
- > Italian seasoning to taste
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- > Place all ingredients in a sauté pan with a couple Tbsp. of olive oil. I usually stir fry all the ingredients stirring frequently until cooked through. Then I sprinkle Parmesan cheese over the top, reduce heat, and cover to melt the cheese. Enjoy!
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