

Simple Zucchini Stir Fry

Zucchini, sliced thinly

Yellow squash, sliced thinly

Mushrooms, sliced

Onions, sliced

Any additional veggies that you desire. (Chopped cherry tomatoes, garlic, leeks)

Heat oil, add veggies, stir-fry until desired tenderness. Add salt and pepper to season. Use your favorite seasoning blend if desired.

I sometimes grill this in a foil packet or 2.