



Garlic Zucchini

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
3-4 People	5 MIN	10 MIN		10

Garlic zucchini is a simple and healthy dish made with fresh zucchini sautéed in garlic and oil. It's light, flavorful, and perfect as a quick side for any meal. This easy recipe comes together in minutes and highlights the natural taste of zucchini enhanced with rich garlic flavor. It's ideal for everyday cooking and pairs well with many dishes.

Ingredients

- 2 medium zucchinis, sliced
- 3-4 garlic cloves, minced
- 1 tablespoon olive oil
- Salt and pepper to taste
- Optional: parmesan or herbs

Recipe Summary

- Prep Time: 5 minutes
- Cook Time: 8-10 minutes

- Total Time: 15 minutes
- Servings: 3-4
- Course: Side Dish
- Cuisine: International

Cooking Method

Instructions

1. Heat olive oil in a pan over medium heat.
2. Add zucchini slices and cook for **5-7 minutes** until slightly tender.
3. Add garlic and sauté for **1-2 minutes** until fragrant.
4. Season with salt and pepper.
5. Stir well and cook briefly until zucchini is tender-crisp.
6. Garnish with parmesan or herbs if desired.
7. Serve warm.

Cooking Tips

- Do not overcook to avoid soggy zucchini

- Add garlic toward the end to prevent burning
- Cook on medium-high heat for better texture

Variations

- Add chili flakes for spice
- Add lemon juice for freshness
- Use butter for richer flavor
- Add mushrooms or tomatoes

What to Serve with Garlic Zucchini

- Grilled chicken or fish
- Rice or quinoa
- Pasta
- Roasted dishes

Storage

Store in an airtight container in the refrigerator for up to **2-3 days**.

Reheating

Reheat quickly in a pan or microwave.

Frequently Asked Questions

Why is my zucchini watery?

Avoid overcooking and cook on higher heat.

Can I roast zucchini instead?

Yes, roast at 400°F (200°C) for 20 minutes.

Is zucchini healthy?

Yes, it's low in calories and nutrient-rich.

Recipe Author

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Generated on: Jul 11, 2026 02:53

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