

Sensational Green Sauté

This dish is so simple, it's almost a surprise to discover how good it tastes: delicate, fragrant, and fresh. Although I prefer eating with the seasons, you can find all these ingredients year-round. It makes an ideal side dish to practically any entrée. I love growing my own backyard basil to toss in any recipe on the spot! ~ Julie

Serves 4

2 tbsp extra-virgin olive oil

1 large shallot, thinly sliced

2 cups fresh sugar snap peas

1 lb asparagus, ends trimmed, cut into 1-inch pieces

2 medium zucchini, thinly sliced

1/2 cup packed fresh basil, cut into thin ribbons

1 tsp fresh lemon juice (optional)

Salt^[1] and Freshly ground black pepper to taste

Nourishing “Nuggets”:

- **When able use organic or local veggies to avoid GMO's, plus these veggies are high on the “dirty” list of pesticide use**
- **Don't have these veggies, try green beans, yellow squash or carrots or whatever is in season and available ... be creative!**

Directions:

Heat the oil in a large skillet over medium heat. Sauté the shallot, stirring frequently, until it is fragrant and lightly browned, about ^[1]_{SEP}4 minutes. Raise the heat to medium-high. Add the peas and asparagus and cook, stirring frequently, for 4 minutes. Add the zucchini and cook until the vegetables are crisp-tender, 4 to 5 minutes more.

Turn off heat and stir in the basil. Add the lemon juice, if using, and season with salt and pepper.

Serve immediately.

