

Shredded Zucchini with Garlic and Herb (from Vegetables Every Day) **(Good on all days)**

- 4 medium zucchini (about 1 ½ pounds)**
- 3 tablespoons extra-virgin olive oil**
- 2 medium garlic cloves, minced**
- 1 to 2 tbsp minced fresh herb leaves (your choice)**
- Salt**
- Freshly ground black pepper**

1. Trim the ends from the zucchini. Shred the zucchini using the large holes of a box grater or the shredding disk of a food processor. Wrap the shredded zucchini in several layers of paper towels or in a kitchen towel and squeeze gently. Continue squeezing, using new towels if necessary, until the zucchini is fairly dry.
2. Heat the oil in a large skillet over medium-high heat. Add the zucchini and garlic and cook, stirring occasionally, until the zucchini is tender, about 8 minutes. Stir in the herb and salt and pepper to taste. Serve immediately.