



EARTHWORKS
LANDSCAPE ARCHITECTS & CONTRACTORS, INC.

Sautéed Shredded Zucchini with Sweet Corn and Chives

Ingredients:

1 ½ lbs. (about 3 medium) trimmed and shredded

Salt

3 TB extra-virgin olive oil or butter

3 medium garlic cloves, minced or in a garlic press, or 1 minced shallot

2 ears of corn, cut kernels from the cob (about 1 ¼ cups) (optional)

2 TB minced fresh parsley (optional) or 1 TB minced chives

Grated parmesan (optional)

Ground black pepper

Directions:

1. Shred the zucchini in the large holes of a box grater or in a food processor. Toss the zucchini with 1 tsp salt and drain for 10 minutes. Squeeze out all the excess liquid.

2. Heat the oil or butter in a 12 inch non-stick skillet over medium high heat until shimmering or foaming. Add the zucchini, corn, and garlic or shallot, and cook, stirring occasionally, until tender, about 7 minutes. Stir in the parsley or chives, parmesan, and season with salt and pepper. Serve immediately.

Serves 4