Zucchini, Carrots, and Basil

Serving Information  Makes approximately 8 servings (one serving = ½ c.)

Ingredients
1 Tbsp. olive oil
3 carrots, sliced or julienned
3 zucchini, sliced or julienned
½ c. sliced green onions
1 clove garlic, minced or ⅛ tsp. garlic powder
¼ tsp. salt
¼ tsp. pepper
1 tsp. lemon juice
2 Tbsp. chopped fresh basil (or 1½ tsp. dry basil)

Equipment
Medium saucepan or electric frying pan
Measuring spoons
Spatula

Directions
1. Heat oil in a large skillet over medium-high heat. Add carrots and sauté for 3-5 minutes.
2. Add the zucchini, green onions and garlic; continue cooking for an additional 3-5 minutes, or until vegetables are crisp tender.
3. Add salt, pepper, lemon juice, and basil. Toss to coat and serve immediately.

Source: Dining with Diabetes—West Virginia University Extension Service, 2003