

Steamed Zucchini

Oscar · 28/09/2024

**Prep Time**

20 mins

Difficult

Easy

Servings

4

Description

This steamed zucchini is quick and healthy

Ingredients

— - 4 zucchini - 2 cloves garlic - 1 tablespoon olive oil

Instructions

1. Trim ends from zucchini. Cut each one in half
2. then cut each half lengthwise into quarters. Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add zucchini to the steamer insert; cover and steam until tender
3. 10 to 15 minutes. Transfer zucchini to a large bowl. Mash garlic and place in the bowl with zucchini. Drizzle with olive oil; toss until zucchini is evenly coated.