



## Easy Sautéed Zucchini with Parmesan

### Ingredients

1 tablespoon olive oil  
1 medium yellow onion thinly sliced  
4 medium zucchini or yellow summer squash,  
or a mix  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/2 teaspoon dried thyme  
Optional: 1/4 cup Parmesan cheese

### Equipment:

Non-stick skillet/frying pan  
Knife  
Cutting board  
Measuring cups (dry)  
Measuring spoons  
Mixing spoon

### Directions

1. Thinly slice the onion.
2. Rinse zucchini and/or summer squash under cool running water. Cut into rounds 1/2-inch-thick.
3. Heat the olive oil in a large nonstick skillet over low-medium heat.
4. Add onions and cook and stir on medium heat until the onions begin to brown, 8-10 minutes.
5. Add the zucchini, salt, pepper, and thyme.
6. Continue to cook, stirring occasionally, until the zucchini is just cooked through and beginning to brown, 8-10 minutes.
7. Sprinkle with Parmesan (if using).