

## ***Zucchini Ribbons***

Author: Loosely based on a recipe from Gourmet, August, 2003

**Carolyn T's  
Cookbook**

**Servings: 4**



*Notes: You want to cook this JUST until it's done and not past that. It's a very short window of time and they'll be overdone. Once they become translucent, they're overdone. It really helps to use a slicer for these - that way they'll all be sliced evenly, and will get done at the same time. Don't be tempted to put all the zucchini in one batch (unless you're halving it) as some will be too done and others still raw.*

*Description: Just lightly sauteed thinly sliced zucchini*

1. Cut zucchini lengthwise into 1/8 inch thick slices, using a mandoline or slicer. Heat one tablespoon of oil in a 12-inch heavy skillet over moderately high heat until hot, but not smoking, then saute garlic, stirring, until golden, less than two minutes. Remove garlic with slotted spoon and discard.
2. Add HALF of the zucchini to the hot pan and saute, turning and stirring frequently (tongs work well), JUST until tender, but not golden brown, less than 5 minutes. Add half the thyme, half of the salt & pepper also. Remove batch to a heated plate and repeat the procedure, tasting at the end and add more salt & pepper if needed. Squeeze lemon juice and zest over the zucchini just at the end of the cooking time.

**2 pounds zucchini, about 4 large**  
**2 tablespoons olive oil**  
**2 whole garlic cloves, peeled, sliced**  
**1/2 teaspoon salt**  
**1 teaspoon thyme**  
**1/4 teaspoon freshly ground black pepper**  
**2 teaspoons lemon zest**  
**1 tablespoon lemon juice, freshly squeezed**  
**2 tablespoons Italian parsley, minced**

***Blog: Carolyn T's Blog:***  
***<http://tastingspoons.com>***

*Per Serving (excluding unknown items): 96 Calories;  
7g Fat (60.6% calories from fat); 3g Protein; 8g  
Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol;  
275mg Sodium. Exchanges: 0 Grain(Starch); 1  
Vegetable; 0 Fruit; 1 1/2 Fat.*