

MASHED ZUCCHINI



SERVING SIZE

2



INGREDIENTS

ITEM

Medium-size Zucchini
Salt and Pepper

QUANTITY

2
To Taste



PREPARATION

- ✔ Wash zucchinis and cut into medium-sized chunks.
- ✔ In a pot, bring salted water to a boil.
- ✔ Add zucchini chunks and simmer over medium heat for about 20 minutes, until fork-tender.
- ✔ Drain the water completely.
- ✔ Using an immersion blender (or potato masher), blend the zucchini until smooth and creamy.
- ✔ Taste and adjust with additional salt and pepper, as needed.
- ✔ Serve warm as a light and wholesome side dish.