



Seared Zucchini Tomato Medley

Intriguing and unexpected 3 vegetables make their own sauce

1 Tablespoon olive oil

1 large onion, peeled, sliced

Salt; ground black pepper as desired

4 Roma tomatoes, seeded, slant chopped

1 zucchini, lengthwise halved, thin sliced

Serve with: sprinkles of grated or shredded Parmesan cheese if desired

- Heat oil in a 9-1/2-inch skillet until hot; add onions; season with salt and black pepper; sauté for 5 to 7 minutes or until golden brown.
- Add chopped tomatoes and zucchini slices, cook covered about 5 minutes; tossing occasionally.
- Vegetable juices will be released, and the zucchini will turn a bright green. If you prefer softer vegetables, cook 2 to 3 minutes longer. If the tomatoes or zucchini don't have enough juice, add a small amount of water or broth as desired.
- Serve warm; sprinkle lightly with grated Parmesan cheese if desired. Yield: serves 4 as a side dish

Cook's Note To serve as an entrée, you can add cooked smoked sausage slices or cooked chicken chunks. For a vegetarian entrée, serve with pasta.

About the Recipe: This vegetable medley will transform into a side dish or even a meatless entrée. It has a fresh flavor that can enhance the flavor of any dinner entrée and rivals complex vegetable dishes, yet only takes minutes to make.