



Everything Herbal

by Cheryl Jabz

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Vegetable Herb Stir Fry

A quick, colorful, and flavorful side dish or light meal.



INGREDIENTS:

- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 carrots, thinly sliced
- 1 bell pepper, sliced
- 1 small onion, sliced
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tbsp butter (optional for flavor)

HERBS & SEASONINGS:

- 1 tsp dried basil
- 1 tsp parsley
- ½ tsp oregano
- ½ tsp thyme
- Salt & pepper to taste
- Pinch red pepper flakes (optional)

OPTIONAL ADD INS:

Mushrooms, Broccoli, Snap peas, Cooked chicken or shrimp.

INSTRUCTIONS:

- 1 Heat olive oil in a large skillet or wok over medium-high heat.
- 2 Add carrots and onion first; cook 3–4 minutes.
- 3 Add bell pepper, zucchini, and squash.
- 4 Stir fry 5–7 minutes until crisp-tender.
- 5 Add garlic, herbs, salt, pepper, and butter.
- 6 Toss everything together for 1–2 more minutes. Serve hot.



Serve With: Rice, Noodles, Quinoa, Grilled chicken, Steak strips.



Flavor Boost Finish with: Fresh lemon juice, Parmesan cheese, Splash of soy sauce, Balsamic glaze.



Healthy Tip: Keep vegetables slightly crisp for best texture and nutrients.

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