



Everything Herbal  
by Cheryl Jabz

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# Lemon Thyme Garden Stir Fry

**BENEFITS: Thyme:** Traditionally used to support respiratory wellness.

**Lemon:** Provides vitamin C and bright flavor. **Zucchini:** Low-calorie and nutrient-rich.



## INGREDIENTS

- 2 zucchini, sliced & 1 cup mushrooms
- 1 yellow bell pepper
- 1 cup asparagus pieces
- 1 tbsp fresh thyme leaves
- Juice of 1 lemon & 2 tbsp olive oil



## INSTRUCTIONS

- 1 Heat olive oil in a large skillet.
- 2 Add vegetables and cook 6–8 minutes.
- 3 Stir in thyme and lemon juice.
- 4 Cook 1 minute more and serve.



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