

EVERYTHING Herbal

by Cheryl Jabz

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Fenugreek Zucchini Sauté

BENEFITS

Light, low-calorie side dish.
Quick enough for busy weeknights.



INGREDIENTS

2 zucchini, sliced

1 tbsp olive oil

2 cloves garlic, minced

1/4 tsp ground fenugreek

Salt and pepper

INSTRUCTIONS

- 1 Heat oil in a skillet.
- 2 Sauté garlic for 30 seconds.
- 3 Add zucchini and cook 5–7 minutes.
- 4 Stir in fenugreek, salt, and pepper.



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