

# Vegetable Stir Fry

## Ingredients

2 Tablespoons olive oil  
½ cup chopped red onion  
2 cloves garlic, minced  
½ cup chopped red pepper  
1 ½ cups diced zucchini  
1 ½ cups diced yellow summer squash  
1 teaspoon basil or Italian seasoning  
Salt & Pepper to taste  
Sherry (use regular sherry, not cooking sherry)  
1 cup grape or cherry tomatoes, halved  
Grated parmesan cheese

## Mise en place! (Everything in its place)

### Directions

1. Heat olive oil in wok or large, 12" skillet.
2. Add red onion and sauté on low heat 3-4 minutes or until softened. Do not brown.
3. Add garlic and sauté about 1 minute.
4. Add red pepper and sauté 2-3 minutes.
5. Turn up heat to medium-high and add zucchini and summer squash. Add basil and season with salt and pepper.
6. Sauté 4-6 minutes or until desired tenderness (test by piercing with fork). Add a splash or two of sherry to add flavor and help soften the squash.
7. Just before squash is done, add cherry tomatoes and sauté just until heated, 1-2 minutes.
8. Serve as a side dish with grated parmesan. Use leftovers as described below.

**Notes:** Add a cooked protein (chicken, tofu, ground beef or turkey, shrimp, etc.), mix with short pasta, such as orzo, and serve hot as a main dish.  
Serve cold over salad greens and add your favorite dressing.  
Use in an omelet, frittata or as a pizza topping.

[Link to Video](#)