

Lauren's Kitchen: Sautéed Zucchini with Mint, Basil and Walnuts



Are you kidding me? More zucchini? Heck yes and there's plenty more to follow this time of year, so having a stash of recipes will give you some options. Sometimes just plain and simple is the way I prefer—especially when the temps are scorching and no one wants to be in the kitchen one minute longer than required. So how about this Deborah Madison spinoff with just the right combination of nuts and herbs? This one will surely be a keeper.

Here's what's needed:

1 pound zucchini (*all varieties of summer squash are equally good or try a combo*), sliced into 1/2-inch rounds
3 tablespoons olive or coconut oil, divided

3 small cloves garlic or shallots

10 mint leaves

5 basil leaves

1 heaping tablespoon capers, rinsed

2 tablespoons walnuts or pine nuts, lightly toasted

1 to 2 teaspoons red wine vinegar

Sea salt and freshly ground pepper, to taste

Additional mint and basil, torn, to garnish

Complete cooking directions available [here](#).