

# balance

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HEALTH & WELLNESS TIPS FOR YOUR LIFE

## Zucchini Mushroom Stir Fry

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Makes 3-4 smaller portions or two meal-sized ones

**Ingredients:**

1-2 yellow squash  
1-2 zucchini  
8-10 ounces mushrooms (any type)  
1-2 teaspoons diced garlic, fresh or jarred.  
1 tablespoon grass-fed butter  
Chicken broth  
Fresh Parmesan cheese, grated  
Salt and pepper

**Directions:**

1. Dice squash and zucchini and slice mushrooms, set aside.
2. In a large skillet or wok-style pan, melt butter and add veggies and garlic, stirring to cook them until just tender.
3. When they are nearly finished, salt and pepper to taste.
4. Sprinkle Parmesan cheese on top and turn off heat. Let sit in pan until cheese melts. Enjoy!

Recipe courtesy of Avera Medical Group Dermatologist Jana Johnson, MD