

## ZUCCHINI & MUSHROOMS

### INGREDIENTS:

- 2 medium zucchini/courgettes; or 4 small zucchini**
- 2 large mature Portobello/Swiss mushrooms**
- 1 Tbsp of unsalted butter or ghee**
- 2 cloves of garlic; or 8 shakes of garlic powder**
- 1 tsp of Italian Herbs** (fresh or dried - marjoram, rosemary, onion, thyme, basil, oregano, garlic)
- ½ tsp of red chilli pepper** (fresh or dried)
- ½ cup of pre revitalized or spring water water**

### DIRECTIONS:

**Wash the zucchini, cut off the stems and ends, and cut in half around the middle.**

**Slice long strips of each half of the zucchini with a wide peeler or knife into a fry pan.**

**Alternatively, a Slicer or Betty Bossi peeler can be used with a whole zucchini to create a fancy effect.**

**Wash the mushrooms well and cleanse the tops with a natural bristle brush.**

**Trim the lose edges and stems and slice smaller pieces of the mushrooms into the pan.**

**Chop and add the cloves of garlic or garlic powder with the butter or ghee, water, and herbs. Cover and steam on medium heat for 3 to 5 minutes. Stir occasionally and add more water as needed to prevent sticking or burning.**

**ENJOY with chicken, hen, or pasta.**

Serves 2

Use **organic** ingredients

Suitable for ALL blood types

**Zucchini/summer squash/courgette** belong to the Cucurbitaceae family of plants and are related to winter squashes (e.g. pumpkin), melons and cucumbers.

Originating from the Americas and developed in Italy, the zucchini/summer squash/courgette is actually a fruit(the swollen ovary) of the zucchini flower.

It is a good source of copper, manganese, vitamin C, magnesium, fiber, phosphorus, potassium, and folate.

Its potassium, sodium, magnesium, omega 3 fats, and dietary fiber aid in digestion and help prevent constipation. It also helps to balance blood sugar and cholesterol by attaching to bile acids.

Zucchini/courgette also contain vitamins B, K, zinc and small amounts of other minerals.

It is also rich in lutein carotenoids and zeaxanthin.

Zucchini's coumarins, anti-inflammatory, anti bacterial, and antioxidant properties help protect the heart, brain, skin, joints, and skin.

The USA, China, India, Russia, and Pacific island region are the world's largest producers.

Select dark green zucchini that are fresh, medium to small, heavy and store in the fridge.

**The Portobello/Swiss mushroom** is a fully mature version of the crimini fungi, which has grown wild since prehistoric times. In ancient Rome, they were referred to as *cibus diorum*- food for the Gods. Cultivation first began in China, Japan, and India. Western Cultivation began in Europe, in the 17th century.

This mushroom is rich in selenium, antioxidant phytonutrients, and anti-inflammatory properties, which provide cardiovascular and immune support. The Portobello mushroom also contains iron, magnesium, manganese, zinc, copper, fiber, and a variety of B vitamins. Mushrooms complement beef, poultry, various vegetables, rice dishes, or an omelet.

In the three stages of cultivation, organic standards are much higher than nonorganic commercial standards. Thus, for quality and freshness, select organic mushrooms that are firm, plump, clean, light brown, and closed. Store them in the fridge, spread out in a loosely closed paper bag or covered glass dish. AVOID clumping them together, which causes them to get slimy and lose their freshness. To preserve their texture, gently clean them with a soft natural bristle brush under running water. Consume within 3-7 days.