

# *Stir-Fry Julienned Summer Vegetables*

*By: Cooking With a Wallflower*

## Ingredients:

1 medium to large zucchini  
1 medium yellow squash  
1 medium carrot  
1 tablespoon olive oil  
2 teaspoons salt, more to taste  
½ teaspoon garlic powder, more to taste  
1 teaspoon crushed red pepper, more to taste

Yields: 2-3 servings

## Directions:

Wash the vegetables, cut off the ends of the vegetables, and peel the skin off the carrot.

Using a mandoline, julienne the vegetables until there are only small pieces left. Cut the leftover pieces into small thin strips. Be careful where you place your fingers when working with a mandoline. They are very sharp so it's easy to hurt yourself. If you don't have a mandoline, that's fine. Go ahead and cut the veggies into thin slices about the size of matchsticks.

Add in the garlic powder, crushed red peppers, and salt. Mix well to evenly distribute the seasoning.

Add olive oil to a skillet over medium to low heat.

Add the vegetables, stirring for about 5 minutes until the vegetables have softened. Add extra seasoning to taste.

Take the skillet off the heat. Place the vegetable onto a plate. Serve hot or cold.

Enjoy!