

## ***Julienne Vegetable Sauté (Using a Mandolin Slicer)***

Yields: 6 Servings Preparation time: 35 minutes

### **Ingredients**

- 3 carrots, peeled
- 3 zucchini
- 3 yellow squash
- 1 red onion, sliced
- 2 cloves garlic, minced
- 1 bunch parsley, chopped
- 1 tablespoon butter, unsalted
- 1 tablespoon olive oil



## **Instructions**

1. Using your mandolin with the julienne blade attachment slice the carrots, zucchini, and yellow squash.
2. Over medium high heat, melt the butter and olive oil in a large sauté pan. Add the garlic and sauté for 1-2 minutes. Add the red onion and cook until translucent, stirring constantly.
3. Add the carrots, zucchini, and yellow squash and sauté for 3 minutes or until vegetables are tender. Add the vegetable stock and bring to simmer for another 3 minutes.
4. Season with salt and pepper and garnish with chopped parsley.