

## ZUCCHINI DUO WITH YOGURT SAUCE

*for the veggies:*

2 golden zucchini  
1 green zucchini  
1 T olive oil  
salt  
freshly ground black pepper



*for the sauce:*

1/2 cup Greek style yogurt  
1 T olive oil  
1 T fresh lemon juice  
1 T fresh mint leaves, minced  
pinch of cayenne pepper  
salt to taste

Remove both ends of the zucchini; slice them in half crosswise, then lengthwise in 1/3 inch-thick slices. Cut each slice again, into sticks, also 1/3 inch thick, as shown in photo. Sprinkle the slices with salt and place them in a colander for 20-30 minutes. Rinse well and drain, pat dry.

Prepare the sauce by mixing all the ingredients. If using regular yogurt, then drain it for a couple of hours, because you need thick yogurt for this recipe.

Heat the olive oil in a non-stick pan, and add the zucchini sticks when its very hot. Cook them undisturbed for a couple of minutes to get the pieces lightly browned, then move them around, cooking for a total of 5 minutes.

Transfer the zucchini to a bowl and spoon some of the sauce over it when serving. Garnish with fresh mint, if you like.