



Summer Squash Medley

Total Calories
53

Total Fat
3g

Protein
2g

Carbohydrates
7g

Saturated Fat
0g

Sodium
12mg

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Servings: 6
Serving Size: 2/3 cup

INGREDIENTS

- 1 onion, small
- 1 tablespoon olive oil
- 1-2 yellow summer squash, small and sliced
- 1-2 zucchini, small and sliced
- 1-2 large tomatoes (seeded and chopped)
- Season to taste (salt, pepper, garlic powder, oregano, basil, crushed red pepper flakes, Parmesan cheese)

DIRECTIONS

1. Heat oil in a large skillet.
2. Add squash, zucchini and onion to heated oil. Cook on medium heat until tender, about 10 minutes, stirring often.
3. Add tomatoes and simmer 5 minutes.
4. Add seasonings to taste and serve warm.

TIP

Use this recipe as a side dish or make into a complete meal by serving over whole wheat pasta or brown rice with cooked chicken or turkey. Canned tomatoes can be substituted for fresh tomatoes, if necessary.

