

Summer Squash Medley

Ingredients:

2 teaspoons olive oil
1 small onion
2 medium tomatoes
1 teaspoon salt
1/4 teaspoon pepper
2 small zucchini
2 small summer squash
1 bay leaf
1/2 teaspoon dried basil

Equipment:

Cutting board
Knife
Large skillet with lid
Wooden spoon
Measuring spoons
Measuring cups

Number of Servings: 6
Prep Time: 10 minutes
Total time: 40 minutes

Directions

1. Dice onion, chop tomatoes, and slice zucchini and summer squash into 1/4" slices.
2. Stovetop: Heat oil in a large skillet over medium heat. Add onion and cook until tender, about 5 minutes.
3. Mix in the tomatoes, season with salt and pepper. Continue to cook and stir for about 5 minutes.
4. Add the zucchini, summer squash, bay leaf, and basil. Reduce heat to low, cover, and simmer for 20 minutes, stirring occasionally. Remove bay leaf before serving.



TIP: Wash all vegetables before using!

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Nutrition Facts

Serving Size: 1/2 cup	
Servings: 6	
Amount Per Serving	
Calories 51	Calories from Fat 18
%Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 363mg	15%
Potassium 411mg	12%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Protein 2g	4%
Vitamin A 12%	Vitamin C 41%
Iron 5%	Calcium 3%

*Percent Daily Values are based on a 2,000 calorie diet.

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