

Recipes

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

2013

 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

Calories 51		Calories from Fat 18	
		%Daily \	/alue*
Total Fat 2g	3		3%
Saturated		0%	
Cholesterol Omg			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 cale	orie diet.

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