

Eat Smart • Move More

Simple Summer Squash

Prep Time: 10 minutes

Total Time: 15 minutes



Ingredients

- 2 tablespoons olive oil
- 2 pounds summer squash, sliced
- 2 tomatoes, wedged
- ½ onion, sliced
- 1 garlic clove, minced
- 1 tablespoon fresh basil, torn
- ½ cup reduced-fat cheddar cheese, shredded
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Nutrition Facts

4 servings per container	
Serving size	1 serving
	(324.89g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 240mg	10%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes g of Added Sugars	
Protein 7g	
Vitamin D 0mcg	0%
Calcium 154mg	10%
Iron 1mg	6%
Potassium 776mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Heat oil in large saucepan over medium high heat.
- Add squash, onion, and garlic to pan and cook until beginning to brown.
- Sprinkle with basil and stir until mixed in. Remove from heat and cover.
- Meanwhile, in a separate saucepan, cook tomatoes over medium high heat, stirring occasionally. When the juice begins to evaporate, in about 5 minutes, stir into pan with squash.
- Sprinkle with shredded cheese, salt, and pepper. Stir well until mixed and cheese has melted.

Quick Tips

- ▶ Zucchini works in this recipe, too.
- ▶ For a different flavor, use cilantro instead of basil and add a can of black beans. Serve in whole grain tortillas. Yum!
- ▶ You can use no salt added canned diced tomatoes (drained) in place of fresh.

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(Recipe adapted from: <http://www.epicurious.com>.)

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