

# Eat Smart • Move More

## Simple Summer Squash

Prep Time: 10 minutes

Total Time: 15 minutes



### Ingredients

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

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving (170.28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes g of Added Sugars	
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 80mg	<b>6%</b>
Iron 1mg	<b>4%</b>
Potassium 401mg	<b>8%</b>

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

### Quick Tips

- ▶ Zucchini is a great addition to this recipe.
- ▶ For a different flavor, use cilantro instead of basil and add a can of black beans. Serve in whole grain tortillas.
- ▶ You can use low-sodium canned diced tomatoes (drained) in place of fresh.

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### Directions

- Heat oil in a saucepan over medium high heat.
- Add squash, onion, and garlic to the pan and cook until beginning to brown. Add the tomato and continue to cook over medium high heat, stirring occasionally. Cook until the tomato juice begins to evaporate, about 5 minutes.
- Sprinkle with basil and stir until mixed. Remove from heat.
- Sprinkle with shredded cheese, salt, and pepper. Stir well until mixed and cheese has melted. Serve immediately.

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

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