

Eat Smart • Move More

Squash and Pepper Skillet

Prep Time: 15 minutes

Total Time: 30 minutes



Ingredients

- 2 teaspoons olive oil
- 1 onion, diced
- 2 summer squash, sliced
- 1 bell pepper, sliced
- 1 garlic clove, diced

Nutrition Facts

4 servings per container	
Serving size	1 serving (138.75g)
Amount per serving	
Calories 50	
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes g of Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 23mg	0%
Iron 0mg	2%
Potassium 300mg	6%

*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.

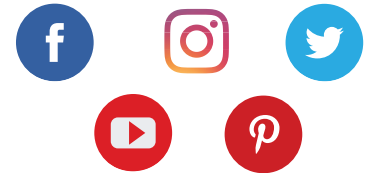
Quick Tips

- ▶ By adding other vegetables like snow peas, asparagus, carrots, broccoli, or mushrooms can change the flavor.
- ▶ Cook this dish on the grill for easier cleanup.
- ▶ Pair with chicken and brown rice for a complete meal.

Directions

- Heat oil in a skillet on medium heat.
- Sauté the onion in the skillet. Cook until tender.
- Stir-fry the squash, bell pepper, and garlic for 12-15 minutes until crisp and tender.

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(Recipe from: <https://www.tasteofhome.com>.)

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