

# Eat Smart • Move More

## Summer Squash Medley

Prep Time: 10 minutes

Total Time: 40 minutes



### Ingredients

- 2 teaspoons olive oil
- 1 onion, diced
- 2 tomatoes, chopped
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 4 summer squash, sliced
- 1 bay leaf
- ½ teaspoon dried basil

### Nutrition Facts

6 servings per container  
**Serving size** **1 serving**  
(202.4g)

**Amount per serving**  
**Calories** **60**

% Daily Value\*

**Total Fat** 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 15mg **1%**

**Total Carbohydrate** 9g **3%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes g of Added Sugars

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 33mg **2%**

Iron 1mg **4%**

Potassium 438mg **10%**

\* 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 a skillet over medium heat. Add onion and cook until tender, about 5 minutes.
- Mix in the tomatoes, then season with salt and pepper. Continue to cook, stirring occasionally, for about 5 minutes.
- Add the summer squash, bay leaf, and basil. Reduce heat to low, cover, and simmer for 20 minutes, stirring occasionally. Remove bay leaf before serving.

### Quick Tips

- ▶ Add in a bell pepper for added flavor.
- ▶ Substitute canned low-sodium diced tomatoes when fresh tomatoes are out of season.
- ▶ Add chickpeas or cannellini beans for more protein.

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(Recipe adapted from University of Maryland Extension, Food Supplement Nutrition Education Program, as listed at: <https://www.whatscooking.fns.usda.gov>)

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