

Eat Smart • Move More

Summer Squash with Garlic

Prep Time: 10 minutes

Total Time: 20 minutes



Ingredients

- 2 teaspoons olive oil
- 1/3 onion, thinly sliced
- 4 garlic cloves, minced
- 4 summer squash, sliced into rounds
- 2 teaspoons Italian seasoning

Nutrition Facts

6 servings per container		
Serving size		1 serving
		(160.91g)
Amount per serving		45
Calories		
		% Daily Value*
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	7%
Total Sugars	4g	
Includes g of Added Sugars		
Protein	2g	
Vitamin D	0mcg	0%
Calcium	31mg	2%
Iron	1mg	4%
Potassium	416mg	8%

*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.

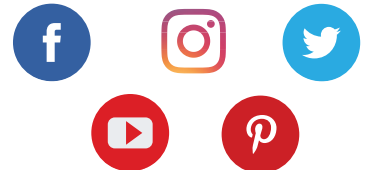
Quick Tips

- ▶ Summer squash varieties include: yellow squash, zucchini, and pattypan.
- ▶ Add sliced bell peppers or shredded leafy greens for even more veggies!
- ▶ Try using basil, parsley, or your favorite herb in place of the Italian seasoning.

Directions

- In a skillet, heat oil over medium heat. Add onion and garlic to the skillet and cook until tender, about 5 minutes.
- Add summer squash and seasoning to the skillet. Cook until squash are tender, about 8 minutes.

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

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