Summer Squash

Servings: 2 | RECIPE BOX

INGREDIENTS

2 CLOVES GARLIC, CHOPPED

2 CUPS SUMMER SQUASH (yellow squash), CUBED

¾ CUP SWEET ONION, THINLY SLICED

2 CUPS ZUCCHINI, CUBED

3 TBSP OLIVE OIL (or other fat of choice)

DIRECTIONS:

STEP 1: In a large skillet, sauté olive oil and onion about 2-3 minutes.

STEP 2: Add crushed garlic and sauté and additional one minute.

STEP 3: Add squash, zucchini, and a pinch of salt to the skillet. Cover and cook 5 minutes.

STEP 4: Uncover and stir, continue cooking for 5-7 minutes until squash is soft when touched with a fork.

STEP 5: Serve with an additional pinch of salt.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

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Nutrition per Serving: Calories 256; Carbs 16g; Fiber 4g; Sugars 10g; Fat 21g; Protein 5g