

# Summer Squash Stir Fry

**Makes:** 4 Servings

## Ingredients

- 1 tablespoon** olive oil (or other vegetable oil)
- 1** small onion, chopped
- 2 cups** summer squash (washed and cut into chunks)
- 1 cup** carrots, thinly sliced
- seasonings, to taste (optional)

## Directions

1. In a skillet (the larger the better), heat oil on medium-high heat.
2. Add onion and stir fry until onion is clear and begins to brown.
3. Add carrots and stir until carrots are tender and crisp. Add squash and cook for about 2 minutes. Lower heat.
4. Add seasonings of choice. Cook for 2 more minutes. Serve as a side dish.

## Notes

Suggested seasonings (if using): garlic powder, pepper, cumin, thyme, basil, or oregano  
Fresh basil is wonderful with this.

Connecticut Food Policy Council. Farm Fresh Summer Recipes

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	59	
Total Fat	4 g	6%
Protein	1 g	
Carbohydrates	6 g	2%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	25 mg	1%

## MyPlate Food Groups

Vegetables	3/4 cup
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