

Summer Squash Medley

Rating: ★★★★★

Makes: 6 Servings

Ingredients

- 1 onion, small
- 1 **tablespoon** olive oil (or canola oil)
- 1 **1/2** yellow summer squash, small and sliced (can use 1-2 squash)
- 1 **1/2** zucchini, small and sliced (can use 1-2 zucchini)
- 1/4 **teaspoon** garlic powder
- salt and pepper (to taste, optional)
- 1 **can** diced Italian tomatoes (14.5 ounces)
- 2 **tablespoons** Parmesan cheese (grated)

Directions

1. In large skillet, heat oil.
2. To heated oil, add squash and onion. Cook on medium heat until tender, about 10 minutes, stirring often.
3. Add tomatoes and simmer 5 minutes.
4. Season with garlic powder to taste. Add salt and pepper (optional), if desired.
5. Serve warm, topped with Parmesan cheese.

University of Maryland Extension. Food Supplement Nutrition Education Program.