VIRGINIA Family Nutrition Program
Eat Smart Move More

Recipes

Simple Summer Squash

Number of servings: 4
Preparation time: 10 minutes
Total time: 15 minutes

Ingredients:

- 2 lbs. yellow squash and/or zucchini, sliced
- 2 small tomatoes or one large tomato, peeled and cut into wedges
- ½ yellow onion, peeled and sliced
- 1 clove of garlic, chopped
- 2 tablespoons Olive oil
- ½ cup cheddar cheese
- Basil
- Salt and pepper

Equipment Needed:

Cutting board
Knife
Large non-stick skillet
Wooden spoon
Measuring spoons and cup

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Directions

- Put onion, garlic, and squash in a large saucepan with a couple tablespoons of olive oil. Put on high heat and brown the vegetables slightly to develop flavor. As you are browning, sprinkle basil on the vegetables. When they are slightly browned, remove from heat, add the slices of cheese, and cover the pan.
- In a separate stick-free pan, put the tomatoes and cook at medium-high heat for about 5 minutes, stirring occasionally. You want to let the juice from the tomatoes evaporate some. After 5 minutes, add the tomatoes to the rest of the vegetables and stir. Salt and pepper to taste.

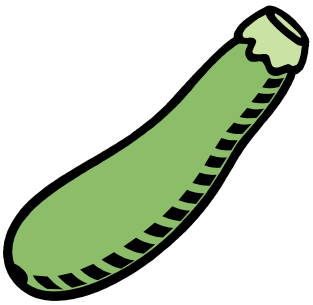
Nutrition Facts

Serving Size: 1 cup
Servings: 4

Amount Per Serving	
Calories 83	Calories from Fat 27
	%Daily Value*
Total Fat 3g	**4%**
Saturated Fat 2g	**8%**
Cholesterol 7mg	**2%**
Sodium 51.5mg	**2%**
Total Carbohydrate 11.8g	**4%**
Dietary Fiber 3.6g	**15%**
Protein 5g	**10%**

Vitamin A	17%	Vitamin C	113%
Iron	7%	Calcium	14%

*Percent Daily Values are based on a 2,000 calorie diet.



Add black beans and swap cilantro for the basil and serve in tortillas for dinner!

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

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