



Summer Squash Medley

SERVES: 6 PREP TIME: 5 min. COOK TIME: 10 min.

Ingredients:

- 1 small onion
- 1 Tablespoon olive oil
- 1 ½ yellow summer squash sliced
- 1 ½ zucchini sliced
- ¼ teaspoon garlic powder
- 1 can diced Italian tomatoes
- 2 Tablespoons cheese

Directions:

1. In a large skillet, heat oil.
2. Add squash and onion to skillet. Cook on medium heat until tender, about 10 minutes.
3. Add tomatoes and simmer 5 minutes.
4. Season with garlic powder, salt, and pepper.
5. Top with cheese.
6. Add to whole grain pasta or brown rice!