

Sautéed Summer Squash

by SNAP-Ed Staff - August 17, 2021



Whether you have zucchini squash, yellow crookneck squash, zephyr or patty pan, this simple side brightens any meal.

Serves 4

 **Ingredients**

 **Directions**

 **Nutritional Information**



- 4 medium summer squash of choice (zucchini, yellow, zephyr, et.), cut into ¼-inch thick rounds or sticks
- 4 teaspoons vegetable oil or butter
- 2 cloves garlic, minced or ½ teaspoon garlic powder
- 1 teaspoon oregano (optional)
- Salt and pepper to taste

1. In a medium skillet, heat oil over medium high heat (350 °F in an electric skillet).
2. Add garlic and zucchini then sprinkle with salt, pepper and oregano, if desired.
3. Cook, stirring occasionally, until zucchini is soft, about 5 to 7 minutes. Serve immediately.

Calories 80

Fat 5g

Protein 2g

Fiber 2g

Sodium 160mg

Carbohydrate 6g

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