

Summer Squash Medley

Yield 6 Servings

Ingredients

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)

Instructions

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.

Cost

Per recipe: \$2.28

Per serving: \$0.38

Source

University of Maryland Extension. [Food Supplement Nutrition Education Program](#).

Nutrition Facts

Serving Size 1/6 of recipe (182g)
Servings Per Container 6

Amount Per Serving

Calories 45 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 3g

Vitamin A 10% • Vitamin C 50%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4