



Summer Squash Medley

Ingredients:

- 1 tablespoon olive, canola or vegetable oil
- 1 small onion, diced
- 2 small yellow summer squash (or 1 large summer squash), sliced
- 2 small zucchini (or 1 large zucchini), sliced
- 1 can of no salt added diced Italian tomatoes (14.5 oz.)
- ¼ teaspoon garlic powder
- Salt and pepper to taste (optional)
- 2 tablespoons Parmesan cheese (grated)

**Seasonal
and Simple**

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Instructions:

1. In large skillet, heat oil.
2. Add onion, yellow squash and zucchini. Cook on medium heat until tender, about 10 minutes, stirring often.
3. Add tomatoes and simmer for 5 minutes.
4. Season with garlic powder. Add salt and pepper if desired.
5. Serve warm, topped with Parmesan cheese.



Source: seasonalandsimple.info