



# Walk Kansas

celebrate healthy living

## Summer Squash Skillet

Makes 4 servings

### Ingredients:

- 4 cups of summer squash (sliced, diced or shredded)
- 1/2 cup onion, sliced or diced
- 1 tablespoon oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions: Remember to wash your hands.

1. Saute' together in 1 tablespoon oil until tender (time will depend on size of pieces).
2. Add one of the seasoning options below.

Nutrition Facts	
Serving Size About 1 cup (132g)	
Servings Per Container 4	
Amount Per Serving	
Calories 60	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	6%
Sugars 3g	
<b>Protein 2g</b>	
Vitamin A 4%	Vitamin C 35%
Calcium 2%	Iron 2%

\*Percent Daily Values are based on a diet of other people's secrets. 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 from Fat 35g  
 Fat 0g • Carbohydrate 4g • Protein 4g

### Seasoning #1

1/2 green pepper or chili pepper, diced  
 2 tablespoons fresh parsley, chopped  
 1 tablespoon fresh basil, chopped  
 1 bay leaf  
 1/2 cup shredded cheese, optional  
 Add ingredients, except cheese, with the onion and squash. Cover and steam until tender. Top with cheese just before serving.

### Seasoning #2

1/4 cup fresh parsley, chopped  
 1/2 teaspoon lemon zest (peel) grated  
 1/2 teaspoon lemon pepper, instead of black pepper.  
 Add seasoning to squash and simmer for 2 additional minutes.

### Other options:

Add soy sauce or 2 tablespoons Pesto just before serving.

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