Walk Kansas
celebrate healthy living

Summer Squash Skillet

Makes 4 servings

Ingredients:

4	cups of summer squash (sliced, diced or shredded)
½	cup onion, sliced or diced
1	tablespoon oil
½	teaspoon salt
¼	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	
Protein 2g	
Vitamin A 4% •	Vitamin C 35%
Calcium 2% •	Iron 2%

*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

<u>Seasoning #1</u>

½ green pepper or chili pepper, diced
2 tablespoons fresh parsley, chopped
1 tablespoon fresh basil, chopped
1 bay leaf
½ cup shredded cheese, optional
Add ingredients, except cheese, with the onion and squash. Cover and steam until tender. Top with cheese just before serving.

<u>Seasoning #2</u>

¼ cup fresh parsley, chopped
½ teaspoon lemon zest (peel) grated
½ teaspoon lemon pepper, instead of black pepper.
Add seasoning to squash and simmer for 2 additional minutes.

<u>Other options:</u>

Add soy sauce or 2 tablespoons Pesto just before serving.