

# Skillet Summer Squash

## Ingredients:

- 1 tablespoon olive oil
- 2 zucchinis, diced
- 2 yellow crookneck squashes, diced
- Salt and pepper to taste
- 1 tablespoon parmesan cheese, grated (optional)

## Directions

1. In 10 – 12-inch nonstick skillet, heat olive oil over medium heat.
2. Add zucchini and yellow squash; season salt and pepper to taste. Let sit for 2 – 3 minutes, or until squash is golden. Stir and continue to cook until squash continues to brown, about 5 – 7 more minutes.
3. Top with parmesan cheese, if desired
4. Tip: Dress this dish up with chopped tomatoes, fresh herbs, or other spices. Feel free to tailor this dish to your taste preference.

## Nutrition Facts

Serving Size 1/2 cup (97g)  
Servings Per Container

Amount Per Serving

**Calories 60**      **Calories from Fat 40**

**% Daily Value\***

**Total Fat 4.5g**      **7%**

**Saturated Fat 1g**      **5%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 160mg**      **7%**

**Total Carbohydrate 3g**      **1%**

**Dietary Fiber 1g**      **4%**

**Sugars 2g**

**Protein 2g**

**Vitamin A 4%**      • **Vitamin C 20%**

**Calcium 4%**      • **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

