



# Summer Squash Medley

Yields 6 servings (1 cup each)

## Ingredients

- 6 small summer squash (green and yellow can be mixed)
- 1½ cups green beans
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 2 tablespoons fresh basil (or mint), minced
- 1 teaspoon oregano
- Black pepper if desired

## Instructions

1. Cut the squash into thin round slices.
2. Cut green beans into thin ½ inch pieces.
3. Heat oil in a large skillet. Add the garlic and sauté until golden. Do not allow to brown.
4. Add the beans and cook 1 minute. Add the squash and continue cooking and stirring occasionally. Cook for 5-6 minutes or until squash is tender.
5. Stir in fresh herbs. Cook one more minute and serve hot.

## Helpful Information

- Cook your summer green and yellow squash with the skins on— it's delicious and more nutritious!
- Add hot pepper if you want a hot spicy dish.
- Summer squash are great eaten raw with dips or cut into pieces in salads.

**Source:** CUCE-NYC FMNP Recipe Collection 2014

*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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## Nutrition Facts

Serving Size 1 cup  
Servings Per Container 6

Amount Per Serving

**Calories 60**      **Calories from Fat 30**

% Daily Value\*

**Total Fat 3.5g**      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 260mg**      **11%**

**Total Carbohydrate 7g**      **2%**

Dietary Fiber 2g      **8%**

Sugars 4g

**Protein 2g**

Vitamin A 8%      • Vitamin C 35%

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

Label analysis based on ingredients listed.