



# Sautéed Summer Squash

4-6 servings

## INGREDIENTS

- 3 medium summer squash or zucchini, sliced
- 1 Tbsp oil
- 1 medium onion, sliced thinly or diced
- Salt & pepper

## DIRECTIONS

1. Heat oil in large skillet.
2. Add onion and cook until softened.
3. Slice squash or zucchini into  $\frac{1}{4}$  inch coins and add to pan. Cook over medium heat, stirring until squash begins to soften.
4. Cook to taste—10-15 minutes, or until desired texture is reached.
5. Add salt and pepper to taste and serve warm.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.