

# Simple Sautéed Summer Squash

Makes 2-3 servings | **Vegetables**

## Ingredients

- 1 medium summer squash (zucchini, crookneck, patty pan, etc.)
- 1 clove minced garlic
- 1 Tablespoon canola or olive oil

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Wash squash then cut into small cubes or slice into rounds. Keep the peels on.
3. In a skillet, add the squash, oil, and garlic.
4. Cook for about 5 minutes until golden brown.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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