

Side Dish

Farmer's Market Squash Saute'

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Servings: 3

Start to Finish Time: 15 minutes

1 medium yellow summer squash, cut into 1/4-inch slices

1 medium zucchini, cut into 1/4-inch slices

1 1/2 teaspoons olive oil

1/4 cup grape tomatoes

1 clove garlic, minced

1/4 cup part-skim mozzarella cheese, shredded

1 tablespoon fresh basil, minced

dash salt

1 tablespoon Parmesan cheese, grated

In a large skillet, saute' the squash and zucchini in the oil until crisp-tender.

Add the tomatoes and garlic. Cook 1 minute longer.

Remove from the heat.

Stir in the mozzarella, basil and salt.

Sprinkle with the Parmesan cheese.

Per Serving (excluding unknown items): 38 Calories; 3g Fat (62.5% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 33mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.