

Herbed Saute'd Squash

Mrs. Bodo Claus

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 4

8 small firm yellow squash
3 tablespoons margarine
pinch thyme
pinch rosemary
pinch marjoram
2 green onions, chopped
2 tablespoons beef extract OR soy
sauce
1/4 cup dry white wine
salt (to taste)
pepper (to taste)

Scrub the squash and slice thinly.

In a saute' pan, saute' the squash in margarine over medium heat until translucent and slightly limp, but not mushy, about 10 minutes.

Add the thyme, rosemary, marjoram and green onions. Saute' for 2 additional minutes.

Add the beef extract and wine. Season to taste. Stir until blended.

(Can be gently reheated.)

Per Serving (excluding unknown items): 89 Calories; 9g Fat (95.1% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 102mg Sodium. Exchanges: 0 Vegetable; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	89
% Calories from Fat:	95.1%
% Calories from Carbohydrates:	3.8%
% Calories from Protein:	1.2%
Total Fat (g):	9g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	10
% Refused:	0.0%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): trace
Sodium (mg): 102mg
Potassium (mg): 37mg
Calcium (mg): 10mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 407IU
Vitamin A (r.e.): 87 1/2RE

Grain (Starch):
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 89 Calories from Fat: 84

% Daily Values*

Total Fat	9g	13%
	Saturated Fat 1g	7%
Cholesterol	0mg	0%
Sodium	102mg	4%
Total Carbohydrates	1g	0%
	Dietary Fiber trace	1%
Protein	trace	

Vitamin A	8%
Vitamin C	2%
Calcium	1%
Iron	1%

** Percent Daily Values are based on a 2000 calorie diet.*