

Side Dish

Saute'd Squash Ribbons

Publix Aprons

2 medium zucchini

3 medium yellow squash

1 tablespoon butter

1/2 teaspoon garlic, minced

1/2 teaspoon Kosher salt

1/8 teaspoon pepper

Cut zucchini and squash thinly, using a vegetable peeler, down the length of the squash until reaching the seeds. Rotate squash and continue cutting ribbons until only seeds remain.

Preheat a large saute' pan on medium-high for 2 to 3 minutes. Place butter in pan and then add garlic; cook and stir for 2 to 3 minutes or until softened.

Add squash ribbons, salt and pepper; cook and stir for 3 to 4 minutes or just until tender.

Per Serving (excluding unknown items): 233 Calories; 13g Fat (44.7% calories from fat); 8g Protein; 28g Carbohydrate; 12g Dietary Fiber; 31mg Cholesterol; 1077mg Sodium. Exchanges: 0 Grain(Starch); 5 Vegetable; 2 1/2 Fat.