



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 ¼ 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.



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