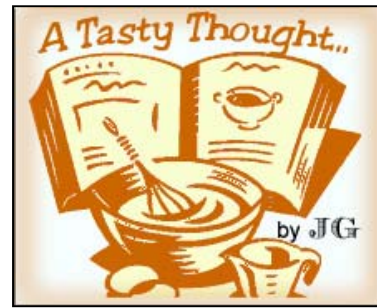


A Recipe compliments of



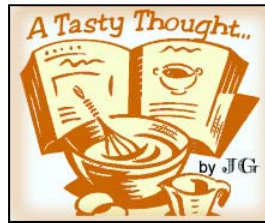
TRIM ON DOTTED LINE AND
FOLD FOR RECIPE CARD

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Sauteed Combo

"I need to buy the zucchini & the summer squash this afternoon." In the last recipe that I shared I mentioned the colorful and the flavorful fruits that can be purchased at roadside stands. Remember the nutritious fresh vegetables!

SAUTEED COMBO is a tasty and quick side dish to serve with the evening meal. Either sliced zucchini or sliced summer squash or a combo of both is sauteed in Extra Virgin Olive Oil for a pleasant surprise to the taste buds. If your family enjoys green peppers, slice a pepper into strips and saute before adding the zucchini & squash. Another addition can be a few baby spinach leaves. Season with parsley, garlic, oregano and sweet basil to taste.



Ingredients:

3 – 4 small zucchini &/ or summer squash
(Small squash are very tasty)

(1) Green Pepper (optional)

2 –3 Tbs. Extra Virgin Olive Oil
Spices added to taste.

Method:

Wash and slice vegetables. Heat Olive Oil in pan. Add vegetables and saute until tender.

Enjoy!!!
JG

