

## Lemony Summer Squash

### Ingredients:

- 1 pound summer squash
- 1 teaspoon olive oil
- 1 clove garlic
- 1 teaspoon dried rosemary,  
crumbled
- 2 tablespoons fresh lemon juice  
(1 lemon)

### Equipment:

- Cutting board
- Knife
- Non stick skillet
- Spatula

Number of Servings: 4  
 Prep Time: 15 minutes  
 Total time: 15 minutes

### Directions

1. Wash squash and place on cutting board. Cut off ends. Cut in half lengthwise, and lay flat on cutting board. Slice into thin slices. Set aside.
2. Heat oil in a non-stick skillet on medium heat and cook garlic for 1 minute.
3. While oil is heating, place garlic cloves on a cutting board, and lay flat part of knife on top. Use heel of hand and slap knife to break the tough skin of clove. Peel off skin, and chop garlic into small pieces. Add to skillet and cook for one minute.
4. Add squash and cook, stirring gently, until tender (about 4 minutes).
5. After squash is tender, cut lemon in half and squeeze juice from both sides into skillet. Stir to distribute flavors. Add rosemary, and cook for two more minutes.

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### Nutrition Facts

Serving Size: 1/2 cup  
 Servings: 4

Amount Per Serving		
Calories 35		Calories from Fat 9
		%Daily Value*
<b>Total Fat</b> 1g		<b>2%</b>
Saturated Fat trace 1g		1%
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 2mg		<b>0%</b>
<b>Total Carbohydrate</b> 6g		<b>2%</b>
Dietary Fiber 2g		9%
<b>Protein</b> 1g		<b>3%</b>
Vitamin A 4%	Vitamin C 33%	
Iron 3%	Calcium 3%	

\*Percent Daily Values are based on a 2,000 calorie diet.

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