

## Sautéed Summer Squash with Oregano

### Ingredients:

- 2 teaspoons olive oil
- 1 onion
- 2 cloves garlic
- 2 tablespoons dried oregano
- 1 pound zucchini
- 1 pound summer squash

### Equipment:

- Cutting board
- Knife
- Non-stick skillet
- Spatula
- Measuring cups
- Measuring spoons

Number of Servings: 4  
 Prep Time: 10 minutes  
 Total Time: 20 minutes

### Directions

1. Heat oil in skillet over medium heat.
2. Meanwhile, cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to skillet.
3. 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.
4. Wash zucchini and place on cutting board. Cut off ends. Cut in half lengthwise, and lay flat on cutting board. Cut each half in half again. Cut into 1/4" slices. Add to skillet.
5. Wash squash and place on cutting board. Cut off ends. Cut in half lengthwise, and lay flat on cutting board. Cut each half in half again. Cut into 1/4" slices. Add to skillet.
6. Cook vegetables until tender crisp. Serve.

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Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 4	
Amount Per Serving	
Calories 76	Calories from Fat 27
%Daily Value*	
Total Fat 3g	4%
Saturated Fat trace 1g	2%
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 5g	19%
Protein 3g	6%
Vitamin A 15%	Vitamin C 49%
Iron 11%	Calcium 8%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

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