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)

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.

Nutrition Facts
Serving Size: 1/2 cup
Servings: 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Calories 35</td>
<td>Calories from Fat 9</td>
</tr>
<tr>
<td>Total Fat 1g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>1%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 2mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate 5g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>9%</td>
</tr>
<tr>
<td>Protein 1g</td>
<td>3%</td>
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</tbody>
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Vitamin A 4%  Vitamin C 33%
Iron 3%  Calcium 3%

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

Equipment:
Cutting board
Knife
Non stick skillet
Spatula

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

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