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

**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.


**Nutrition Facts**

- **Serving Size**: 1/2 cup
- **Servings**: 4

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>%Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>70</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>3g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>trace 2g</td>
<td>2%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<td>19%</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td>6%</td>
</tr>
</tbody>
</table>

- Vitamin A 15%
- Vitamin C 49%
- Iron 11%
- Calcium 8%

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