

Summer Squash with Garlic

Ingredients:

- 2 tablespoons chopped garlic
- 2 tablespoons chopped fresh tarragon
- 2 teaspoons olive oil
- 1/4 cup red onions, sliced thin
- 1 pound zucchini, sliced in 1/3 inch rounds
- 1 pound summer squash, sliced in 1/3 inch rounds

Equipment:

- Cutting board
- Knife
- Large skillet
- Spatula
- Measuring spoons
- Measuring cups

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

Directions

1. In a large non stick skillet, heat oil over medium heat.
2. Cut the ends off of the onion, and peel off the papery 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, cook until tender, about 5 minutes.
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. While onions and garlic are cooking, wash zucchini and 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 inch slices. Add to skillet.
5. Add tarragon. Cook until squash are tender, about 8 minutes.

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Nutrition Facts			
Serving Size: 1/2 cup			
Servings: 6			
Amount Per Serving			
Calories 54		Calories from Fat 18	
		%Daily Value*	
Total Fat	2g		3%
Saturated Fat	trace 1g		1%
Cholesterol	0mg		0%
Sodium	5mg		0%
Total Carbohydrate	9g		3%
Dietary Fiber	3g		11%
Protein	2g		5%
Vitamin A	8%	Vitamin C	33%
Iron	5%	Calcium	4%

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

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