



## Italian Summer Squash

### INGREDIENTS:

- 1 tablespoon olive oil
- 2 medium zucchini, deiced into ½-inch pieces
- 2 medium yellow squash, diced into ½-inch pieces
- 1 ½ cups grape tomatoes, cut in half
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- Salt and pepper to taste
- ½ cup shredded parmesan cheese

### DIRECTIONS:

1. Heat olive oil in a non-stick skillet over medium-high heat.
2. Add in zucchini and yellow squash and sauté for 2 minutes.
3. Add the tomatoes, Italian seasoning, and garlic powder.
4. Continue to sauté until the squash is tender, about 3-5 minutes.
5. Sprinkle in half of the parmesan cheese and season with salt and pepper.
6. Stir and top with remaining cheese.
7. Serve warm.

**Source:** Cooking with Extension / **Yield:** 4 servings; 119 Calories per serving. Total fat 7g; Protein 7g; Total carbohydrate 10g; Dietary fiber 3g, Sodium 457mg.