

## Confetti Summer Squash Makes 6 Servings

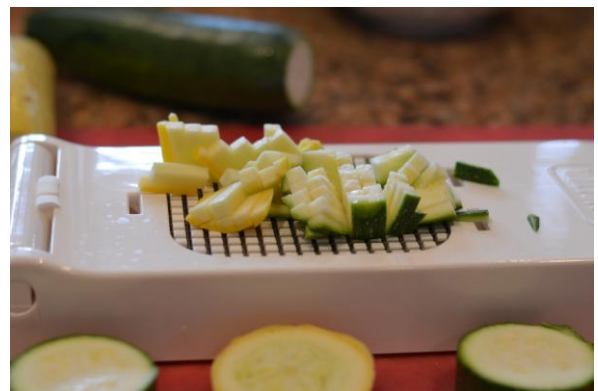
### Ingredients



- 4 medium yellow crookneck squash – cut into  $\frac{3}{4}$  inch julienne slices
- 4 medium zucchini – cut into  $\frac{3}{4}$  inch julienne slices
- 1 medium Vidalia onion – diced
- 1 clove fresh garlic – minced
- 2 tsp. extra virgin olive oil
- Vegetable cooking spray
- $\frac{1}{4}$  tsp. Lawry's® Seasoned Salt or NoSalt® Seasoned Salt
- 1 tsp. chicken or vegetable bouillon or 1 tsp. liquid chicken base

### Preparation

- Wash vegetables well and cut into julienne slices (using a tool such as an Alligator Chopper makes prep work quick and easy!).



- Spray pan with vegetable cooking spray.
- Heat olive oil in a large skillet.

- Add squash, zucchini, onion, garlic, bouillon and seasoning salt.



- Sauté on medium heat for 5 – 7 minutes until liquid is gone and squash and onions are tender.



- Serve and enjoy!



**Nutrition Information per Serving:** Calories: 66, Protein: 3 gm, Carbs: 11 gm, Fiber: 3 gm, Total Fat: 2 gm, Saturated Fat: 0 gm, Cholesterol: 0 mg, Sodium: 256 mg, %Cal/Fat: 24%

\*All photos taken by Cathy Mazanec