



Recipes

Other Vegetables

Summer Squash Sauté

Prep Time: 10 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Ingredients:

- 1 zucchini
- 1 yellow summer squash
- 1 pattypan squash
- 1 red bell pepper
- 2 tablespoons olive oil
- ¼ teaspoon sea salt
- ½ teaspoon dried marjoram (or 1 teaspoon fresh)

Directions:

1. Wash the squashes and cut them into ½-inch cubes.
2. Wash the pepper, take out the seeds and cut into ½-inch pieces.
3. Heat the oil in a large sauté pan.
4. Add the pepper and sauté for 3 minutes.
5. Add the squash, salt and marjoram and sauté for another 3 or 4 minutes, stirring frequently.
6. When the zucchini turns bright green, turn off the heat and serve.