



BASIL

IN SEASON

May - September

HOW TO SELECT

Look for hardy, bright green stems that are not wilted or brown.

HOW TO STORE

Trim ends & immediately place in glass filled with 1 inch water. Store on kitchen counter away from direct sunlight up to 1-2 weeks. To freeze, finely mince fresh herbs & spread evenly in an ice cube tray. Lightly cover herbs with canola oil & freeze overnight. Transfer frozen cubes to a zip-close bag & store up to 6 months.



Oklahoma Nutrition Information & Education Project



oniproject.org/recipes

SUMMER SQUASH SAUTÉ

BASIL



Nutrition Facts

Serving size: 1/4th recipe (453g)
Servings Per Recipe 4



Amount Per Serving

Calories 480 Calories from Fat 110

% Daily Value

Total Fat 13g	20%
Saturated Fat 3g	15%
Trans Fats 0g	
Cholesterol 65mg	20%
Sodium 270mg	10%
Total Carbohydrate 56g	20%
Dietary Fiber 7g	25%
Sugars 7g	
Protein 35g	
Vitamin A 25%	Vitamin C 120%
Calcium 8%	Iron 15%

30 MIN | SERVES 4

INGREDIENTS:

- 1 1/4 cups dry couscous
- 2 Tbsp olive oil
- 1 lb boneless, skinless chicken breasts, thinly sliced
- 1 large onion, diced
- 1 medium red bell pepper, diced
- 3 cloves garlic, minced
- 1 large zucchini, cut into half circles
- 1 large yellow squash, cut into half circles
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh **BASIL**, minced
- 1/2 cup shredded parmesan cheese

PREPARATION:

1. Prepare couscous according to package directions. Set aside.
2. In a large skillet, heat oil over medium. Add chicken & cook 5-7 minutes or until golden brown on all sides, stirring frequently.
3. Add onion, pepper & garlic. Sauté 5 minutes or until onion is golden brown.
4. Stir in zucchini, squash, tomatoes & basil. Sauté 5 minutes, stirring throughout.
5. Top with parmesan cheese & serve immediately.