

BASIL FETA SQUASH SAUTÉ

Ingredients:

- 2 Tbsp olive oil
- 2 lbs patty pan squash, sliced
- 6 green onions, thinly sliced
- 5 cloves garlic, minced
- 1 pint grape tomatoes, halved (2 cups)
- 1/4 cup chopped fresh basil
- 1/3 cup crumbled feta cheese

Preparation:

1. In a large, deep skillet, heat oil over medium-high. Add squash, onions & garlic. Sauté 5-7 minutes or until tender, stirring occasionally.
2. Stir in tomatoes & basil. Cook 4-5 minutes or until tomatoes are wilted, stirring frequently.
3. Transfer to a serving platter. To serve, top with cheese & basil.

20 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size	(223g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1mg	6%
Potassium 548mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.



PATTY PAN SQUASH

In Season

April - September

How to Select

Choose small squash with smooth, tender skin, free of cuts or bruises.

How to Store

Refrigerate unwashed squash in a plastic bag up to 1 week.

Helpful Tip

Enjoy unpeeled squash for extra fiber. Add squash to a stir-fry, pasta salad, or savor as a side dish.



ONIE PROJECT



onieproject.org