

CHEF AT THE MARKET

Chef: Lori Coker, Nutrition Educator

Food Stamp Nutrition Education Program,

UC Cooperative Extension, Redding, CA ~ (530)224-4400

Savory Squash Skillet

4 cups of colorful summer squash, cubed

(such as yellow crookneck or straight, zucchini, pattypan,
white scallop or Italian striped)

½ medium sized red onion, sliced

3-4 cloves of garlic, chopped

¼ cup fresh basil leaves, chopped

1 medium red tomato, wedged

1-2 teaspoons of olive oil

Place all ingredients in a large skillet except tomato and basil.
Sauté on medium heat until squash is slightly tender. Add
tomatoes and basil then place lid on skillet and steam on low
heat until squash is tender as desired and tomatoes are heated
through.

Makes 6 (¾ cup) servings.



www.healthyshasta.org

HEALTHY
SHASTA