

Marinated Summer Squash

Net Carbs = 3.6g

Recipe Serves

4 Servings

<u>Ingredient</u>	<u>Amount</u>
Medium Summer Squash	3 ----
Salt — to make squash sweat	1 1/2 tsp
Olive / Coconut Oil	2 tbsp
Minced Garlic	1 tsp
Rice Vinegar	2 tbsp
Swerve (or—your favorite sugar substitute)	1/2 tsp
Cayenne Pepper	1/4 tsp
Black Pepper	1/4 tsp

Nutrition Facts

Servings: 4

Amount per serving

Calories 85

% Daily Value*

Total Fat 7.3g 9%

Saturated Fat 1.1g 5%

Cholesterol 0mg 0%

Sodium 887mg 39%

Total Carbohydrate 5.3g 2%

Dietary Fiber 1.7g 6%

Total Sugars 2.6g

Protein 1.8g

Calcium 2%

Iron 3%

Potassium 392mg 8%

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

Instructions

1. Cut Squash into chunks.
2. Season squash with salt and set aside to sweat for 10 minutes.
3. Meanwhile, in a large bowl mix together: garlic, vinegar, sugar substitute, cayenne pepper, black pepper and 2 Tbsp oil.
4. Stir until well combined.
5. Remove moisture from the squash by patting it dry with a paper towel.
6. Add squash to the mixture to coat.
7. Cook in a pan over medium-high heat until golden brown (about 5 minutes).
8. Reduce heat to medium-low heat and cover.
9. Cook until very tender (about 15 minutes).

Great to eat with my Flank Steak Recipe!