

SQUASH AND PEPPER SKILLET

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1 medium onion, thinly sliced
1 Tbsp. olive or canola oil
5 medium zucchini, sliced
3 medium yellow summer squash, sliced
1 small sweet red or green pepper, sliced lengthwise
1 garlic clove, minced
Salt & pepper to taste

In a skillet, sauté onion in oil until tender. Add zucchini, yellow squash, pepper and garlic. Stir-fry for 12 to 15 minutes or until crisp tender, season with salt and pepper.

Serves 8