

Ginger and Summer Squash



Prep Time: 15 minutes

Cook Time: 10 minutes

Ingredients:

- 1 tbsp. olive oil
- 2 cups sliced summer squash, about 6 sliced $\frac{1}{4}$ inch thick
- 1 $\frac{1}{2}$ tsp. fresh ginger root, peeled and finely chopped
- 4 medium garlic cloves, crushed
- 8 oz. medium tomatoes, seeded and chopped
- 1 tsp. grated parmesan cheese
- $\frac{1}{2}$ tsp. salt
- 1 pinch black pepper

Directions:

1. Add oil to large nonstick frying pan. Preheat to medium.
2. Add squash, ginger, and garlic. Cook until squash is soft, stirring frequently.
3. Add tomato and continue to cook, stirring frequently until squash is transparent.
4. Stir in parmesan, salt, and pepper. Serve

Nutrition Facts

Makes 6 servings

Amount per serving: 4 oz.

Calories	40.9
Total Carbs	2.7 g
Dietary Fiber	0.6 g
Sugars	1.3 g
Total Fat	2.8 g
Saturated Fat	0.4 g
Unsaturated Fat	2.4 g
Potassium	118.2 mg
Protein	0.6 g
Sodium	203.4 mg