

SUMMER SQUASH SKILLET

HEART HEALTHY

INGREDIENTS

- 2 tablespoons olive oil
- 1 shallot, diced
- 1 zucchini, diced
- 1 yellow squash, diced
- 1 yellow bell pepper, diced
- 1 box cherry tomatoes, halved
- 1/2 cup water
- 1/4 cup fresh basil, cut into ribbons
- 1/2 teaspoon garlic powder
- 1 table spoon red wine vinegar
- 1 teaspoon sugar
- 1/4 teaspoon black pepper
- Grated parmesan for garnish

INSTRUCTIONS

1. In a large stock pot, heat olive oil over medium heat
2. Sauté shallot for 5 minutes, stirring often
3. Add zucchini, squash, bell pepper, and tomatoes and continue to sauté for another 10 minutes or until vegetables begin to brown
4. Add water and allow to simmer uncovered another 5 minutes or until it is mostly evaporated
5. Add basil, garlic powder, vinegar, sugar and pepper and stir well to combine
6. Serve with parmesan and additional basil for garnish



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6 SERVINGS



30 MIN