

# Summer Squash Sauté



PREPARATION TIME  
10 minutes



COOKING TIME  
10 minutes



PERFECT PARTNER  
grilled chicken



Frozen and pre-sliced yellow or crookneck squash will be more economical than fresh squash. Frozen squash remains in good condition for up to 6 months in the freezer.

## SHOPPING LIST

- yellow squash • zucchini
- bell pepper • carrots

## ON HAND

- onion • butter • dried basil
- dried thyme • dried rosemary
- salt • pepper

## INGREDIENTS

- 3 medium yellow squash
- 2 medium zucchini
- 1 large onion
- 1 large green bell pepper
- 2 medium carrots
- 3 tablespoons butter or margarine
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary

SERVES **6**

## COOKIN' *Express*

- When sautéing the vegetables, try using a wooden spatula or wooden spoon to avoid mashing or tearing the tender squash.

### Make Ahead

You can cut all the vegetables and store each in a separate plastic bag up to 8 hours ahead.

### ♦ VARIATION

For more color, add 1 red bell pepper, julienned, in step 1 or substitute 2 tablespoons chopped pimiento.

**1** Slice squash, zucchini and onion into 1/4-inch slices. Julienne bell pepper and carrots.



**2** Heat butter in a large skillet over medium heat; add vegetables, salt, pepper, basil, thyme and rosemary.

**3** Cook vegetables, stirring continually, until tender, about 10 minutes.



**4** Remove vegetables to a serving bowl with a slotted spoon. Serve immediately.