

Summer Squash, Italian Style

Ingredients:

- 2 Tablespoons vegetable oil
- 1 large summer squash, thinly sliced
- 1 Tablespoon water
- salt and pepper, to taste
- 1 teaspoon sweet basil, fresh
- 6 Tablespoons Parmesan cheese or Romano cheese, grated

Directions:

1. Using a large, ovenproof frying pan, heat 1 Tablespoon of oil to medium high.
2. Arrange squash in pan, add water and season lightly with salt, pepper and basil.
3. Cover and cook over medium heat for 5 minutes, or until tender crisp.
4. Sprinkle with cheese and drizzle with remaining oil. Place under a preheated broiler and broil until cheese melts and browns slightly.

Tip:

Add cut up fresh tomatoes, green peppers, green beans, eggplant, onions, or other vegetables in season



Nutritional Information

Serving Size: 1/2 cup

Yield: 4 servings

Adapted from:

Farm Fresh Summer Recipes

www.foodpc.state.ct.us/cookbook%20x1a-rev1%2012-30-07.pdf

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Nutrition Facts			
Serving Size 1/2 cup (108g)			
Servings Per Container 4			
Amount Per Serving			
Calories 110	Calories from Fat 80		
% Daily Value*			
Total Fat 9g			14%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 115mg			5%
Total Carbohydrate 4g			1%
Dietary Fiber 1g			4%
Sugars 2g			
Protein 4g			
Vitamin A 4%	•	Vitamin C 8%	
Calcium 10%	•	Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4