**SUMMER SQUASH SAUTÉ**

Servings: 5  
Preparation Time: 15 Minutes

**INGREDIENTS**
- 3 medium zucchini or yellow squash (or 6 pattypan squash)
- ½ teaspoon oil
- 2 cloves garlic, finely chopped
- 1 tablespoon of low-fat grated cheese
- ¼ tablespoon ground black pepper

**OPTIONAL**
- 1 teaspoon grated lemon peel

**INSTRUCTIONS**
1. Cut squash in half crosswise, then cut each half into 4 lengthwise sticks.
2. Heat oil in a heavy nonstick skillet over medium-high heat.
3. Add garlic and cook for about 2 minutes.
4. Add summer squash and lemon peel (if using), and cook for about 3 minutes until summer squash is lightly browned.
5. Mix in cheese and pepper.

Adapted from the Champions for Change Program

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**STORAGE**
Keep it in an open plastic bag in the refrigerator for up to 6 days.

**HELPS SUPPORT**
Heart health, immune system, vision, and digestion.

**COMMON VARIETIES**
Zucchini (green), yellow summer squash (yellow and green), yellow crookneck squash (yellow), pattypan squash (yellow, green, and white).