

The Farm at St. Joe's

Zucchini and Squash Sauté

Ingredients:

- 2 medium zucchini
- 2 medium yellow squash
- 3 Tablespoons olive oil
- 3 cloves garlic, minced
- 1.5 Tablespoons basil, chopped
- 1 Tablespoon fresh oregano, chopped
- 2 Tablespoons fresh parsley, chopped
- 9 cherry tomatoes, cut and quartered



Directions

- 1) Cut zucchini and squash into quarters (lengthwise) and then cut into 1/4" slices.
- 2) Heat olive oil in a skillet over medium heat.
- 3) Add zucchini, squash, and garlic to heated skillet; sauté and stir frequently until tender.
- 4) When the squash and zucchini are tender, add spices and tomatoes to the pan. Stir and cook until the mixture is hot and well combined.

Tips:

- ❖ Dried herbs can substitute fresh herbs, but use half of the amount

Serves 4. Nutrition per serving: 134 calories, 11g fat, 14mg sodium, 9g carbs, 6g sugar, 3g protein

Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.

Like this Recipe?

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