

Zucchini Side Dish

(recipe contributed by Rose Nonnemacher)

Ingredients:

- 1 medium zucchini, sliced 1/4" thick
- 1 medium yellow squash, sliced 1/4" thick
- 1 small onion, sliced or chopped
- 3 cloves garlic, finely chopped
- 1 green pepper, chopped (or use red, yellow, orange, or combination of colored peppers)
- 2 large ripe tomatoes, diced (or 15 oz. can of diced or stewed tomatoes)

Fresh herbs (or dried): basil, thyme, parsley, oregano

Add what you like and as much as you like.

Olive Oil- or Healthy Delights Oil (to coat pan)

Directions:

- Heat oil in large deep skillet or pan.
- Add zucchini, squash, onion, garlic, & peppers and sauté, stirring occasionally, until veggies are crisp and tender.
- Stir in tomatoes and herbs, let simmer 5-10 minutes.

Serving Suggestions: Can be served as a veggie side dish, or over any pasta. Also good with fresh grated parmesan cheese, or any shredded cheese stirred in at the end and heated.