



Category (Vegetables)

Aundrea's Garden Squash Medley

Submitted by (Aundrea Carlson)

<p><u>Recipe</u></p> <p>1- 2 long, thin zucchini squash, or 1 zucchini and 1 yellow squash Cottage cheese 1 Tomato, preferably garden fresh, cubed Olive oil Salt Pepper</p> <p>Thinly slice the squash, and place in a pan with olive oil. Sprinkle salt and pepper to taste. Saute until squash is translucent. Serve with a scoop or two of cottage cheese and top with tomatoes and a sprinkle of fresh pepper to taste. Enjoy!</p>	<p><u>Grocery List</u></p> <p>1- 2 long, thin zucchini squash, or 1 zucchini and 1 yellow squash Cottage cheese 1 Tomato, preferably garden fresh</p>
<p><u>Side dish</u></p> <p>This can be used as a side dish or as a whole meal. I eat fresh garden squash like candy, so I usually dish myself up a heaping plateful and call it a meal!</p>	<p><u>Tips/Helpful hints</u></p> <p>This was another recipe I developed over the summer, and I just love it. It is very simple and quick. It tastes best with garden-fresh produce, but it is still great store bought.</p> <p>Obviously you can leave the cottage cheese and tomato out, but I love the flavor combination and how the cheese adds more protein and makes it more of a complete meal.</p>