



Squash Medley

2 tablespoons olive oil
1 medium onion, thinly sliced
1 large yellow squash, thinly sliced
1 large zucchini, thinly sliced
4 medium green peppers, cut into thin strips
3 medium tomatoes, peeled and quartered
1/4 cup Parmesan cheese
Pepper to taste

Heat olive oil in large skillet, coating sides and bottom of pan. Add onion and stir-fry briefly. Stir in zucchini, yellow squash, and green pepper; cook 2-3 minutes or until crisp tender. Add tomatoes and pepper; stir well. Sprinkle Parmesan cheese over vegetables and toss mixture gently until cheese melts.

Yields 10 servings

Nutritional Analysis

Calories: 71
Protein: 3g
Fat: 3.6g
Saturated Fat: 0.8g
Carbohydrates: 9g
Fiber: 3g
Sodium: 41mg
Vitamin C: 41mg