



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Yellow Squash with Sage***

#### **Ingredients:**

- 4 small yellow squash or 3 medium
- 1 to 2 tablespoons olive oil
- 2 teaspoons fresh sage, chopped fine
- Salt and pepper to taste

#### **Directions:**

1. Slice squash into disks about 1/8 inch thick.
2. Warm 1 tablespoon of olive oil in a medium-sized sauté pan over medium heat. Add squash, turning frequently, and cook until just tender. If squash dries out while cooking, drizzle with remaining tablespoon of olive oil; toss to coat.
3. Sprinkle with sage, salt and pepper to taste, and toss.

Serves 4

80 calories, 7 g fat, 1 g saturated fat, 4 g carbohydrate, 1 g fiber, 1 g protein, 40 mg sodium

Source: Harvard School of Public Health

[healthy.iu.edu](http://healthy.iu.edu)  
[healthyu@indiana.edu](mailto:healthyu@indiana.edu)

