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

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