

THE OLIVE AND THE GRAPE

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SUMMER SQUASH SAUTE



- 3 TB. ***extra virgin olive oil***
- 1 large onion or 10 green onions, chopped
- 2 medium green zucchini, chopped or sliced
- 2 medium yellow zucchini, chopped or sliced
- 1 medium red bell pepper, chopped
- 2 cloves garlic, chopped (or 1/2 tsp. ***Minced Garlic***)
- 2 teaspoons "***Tutti***", ***All Purpose Italian Seasoning***

In a cast iron skillet, or heavy pan, warm the olive oil; add the onion; cook for about 5 minutes. Add the zucchini, bell pepper and garlic to the pan. Sprinkle with the "Tutti" Seasoning, let it simmer for 15 -30 minutes or until the squash are cooked to your desired texture. Be careful not to over cook, as the squash will become too soft.

Items in ***bold italic*** are available at THE OLIVE AND THE GRAPE, Mentor and Cleveland, OH