



Sautéed Summer Squash

- 2 lbs. summer squash and/or zucchini, sliced
- 1 green bell pepper, seeds removed, sliced
- 2 small or 1 large tomato, cut into wedges
- ½ yellow onion, peeled and sliced
- 1 clove garlic, minced
- 1 Tbsp olive, canola, or vegetable oil
- Basil, either fresh and chopped or dried

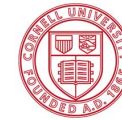


1. In a large saucepan over high heat, sauté the onion, garlic, squash, and bell pepper in the oil. Stir until slightly browned.
2. In a separate non-stick pan, cook the tomatoes over medium-high heat for about 5 minutes, stirring occasionally.
3. Add the tomatoes to the rest of the vegetables. Top with fresh basil.

Makes: 4 servings

Nutrition Information:

CALORIES 90 (44% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 25mg; CARBOHYDRATE 13g; FIBER 4g; PROTEIN 4g; CALCIUM 6%; IRON 6%



Coleslaw

- 1 medium head of cabbage, either green or purple or both (makes about 4 cups sliced)
- ½ medium carrot, cut into matchsticks
- 2 green onions, thinly sliced
- 2 Tbsp rice vinegar or white vinegar
- 2 tsp sugar
- ½ tsp salt
- ½ tsp pepper

1. Slice the cabbage thinly until you have about 4 cups (not packed). Combine with the chopped carrot and sliced green onions.
2. Sprinkle vegetables with the vinegar, sugar, salt, and pepper. Stir to coat.
3. Serve and enjoy!



Makes: 4 servings

Nutrition Information:

CALORIES 30 (0% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 310mg; CARBOHYDRATE 7g; FIBER 2g; PROTEIN 1g; CALCIUM 4%; IRON 2%