



Dash
of
Wellness

Summer Squash & Tomato Stir-Fry

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& ENVIRONMENTAL SCIENCES

2 ½ cups yellow squash,
washed and julienne cut
2 ½ cups zucchini squash,
washed and julienne cut
4 Roma tomatoes, washed
and chopped

½ cup chopped onion
1 Tbsp. olive oil
½ tsp. garlic powder
½ tsp. marjoram
¼ tsp. salt
¼ tsp. pepper

Directions

1. Wash hands with soap and water.
2. Heat olive oil in a large skillet over medium heat.
3. Add squash, tomatoes and onion to the skillet and cook stirring occasionally, about 5 minutes or until tender.
4. Add garlic powder, marjoram, salt and pepper. Stir and continue cooking another minute or two. **Yield:** 4 Servings

Nutrition Facts (per serving): *80 calories, 4 grams fat, 160 milligrams sodium, 9 grams carbohydrate, 3 grams fiber, 3 grams protein*

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