

# Sauteed Italian Vegetables with Wilted Spinach

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-vegetables-recipe>

## Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 yellow squash sliced
- 1 zucchini squash small, sliced
- 1 red pepper seeded and sliced
- 1 green pepper seeded and sliced
- 1 white onion medium-sized, sliced
- 5 cloves garlic thinly sliced
- 1 1/2 teaspoons Italian herbs
- salt
- pepper
- 2 cups fresh spinach loosely packed
- 1 teaspoon red pepper flake optional
- 1/4 cup grated Parmesan cheese finely, optional

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 5 milligrams
4. Fat: 12 grams
5. Fiber: 4 grams
6. Protein: 6 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 310 milligrams
9. Sugar: 6 grams

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