

Skillet Squash Medley

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-medley-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1/2 cup chopped onion yellow or red
- 3 cloves garlic finely minced
- 3 zucchini medium, sliced about 1/8 to 1/4-inch thick, in rounds or half moons
- 3 yellow squash medium, sliced about 1/8 to 1/4-inch thick, in rounds or half moons
- 3 tomatoes ripe, chopped
- 1/4 cup grated Parmesan cheese freshly

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 120 milligrams
9. Sugar: 13 grams

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