Summer Squash Skillet

Makes 4 servings

Adapted from A World Community Cookbook

4 c. combination of summer squash: patty pan, yellow, or zucchini (sliced or diced)

½ c. onion, sliced or diced

½ tsp. salt

¼ tsp. pepper

Saute together in 1 tbsp. oil until tender (time will depend on the size of the pieces: sliced will cook faster than diced). Serve hot. Add a little Parmesan – if that sounds good to you, or use one of the options below.

Option 1:

½ green pepper or chili pepper (diced or sliced)

2 Tbsp. fresh parsley, chopped

1 Tbsp. fresh basil, chopped

1 bay leaf

½ c. shredded cheese (optional)

Add ingredients except cheese with the onion and squash, cover and steam until tender. Top with cheese just before serving.

Option 2:

¼ c. fresh chopped parsley

½ tsp. grated lemon peel

1 Tbsp. fresh lemon juice

Add parsley and lemon peel to squash and onion. Simmer about 2 minutes longer. Drizzle with lemon juice just before serving. Omit any cheese options.

Option 3:

Add soy sauce to taste to the sautéed squash before serving. Omit ½ tsp. salt from original recipe.

Option 4:

Add 2 Tbsp. pesto to the simmered squash just before serving.