

# Cheesy Skillet Squash

- Great side dish to prepare summer zucchini or yellow squash.
- **Make it a meal** by adding an extra 1/2 cup of sauce and a protein (browned lean ground beef or turkey, sliced turkey sausage or beans) and serve over whole grain pasta (spaghetti, bow-ties, elbows, or rotini).
- **Save money** on cheese by choosing a store brand block cheese and grate yourself. Any cheese will work.
- **Substitute** jar spaghetti sauce with a can of tomato sauce or crushed tomatoes and add garlic powder and Italian seasoning (oregano, basil) (add 1 can if you like extra sauce).

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	(230g)
Amount per serving	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 140mg	<b>10%</b>
Iron 1mg	<b>6%</b>
Potassium 545mg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: 4    Prep Time: 25-30 minutes



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## Ingredients:

- 1 small onion, chopped
- 4 small zucchini or yellow squash
- 1/2 cup spaghetti sauce  
OR 1 can (15 oz.) tomato sauce or crushed tomatoes
- 1/2 teaspoon garlic powder
- 1/2 cup low-fat shredded cheese
- Non-stick canola or vegetable oil cooking spray or 1 teaspoon vegetable oil

Optional:

- 1 Tablespoon Italian seasoning (if not using Spaghetti Sauce)

## Directions:

1. Dice onion, cut zucchini into quarters (long-ways) and then cut into 1 inch pieces.
2. **Heat** skillet on medium heat with oil or cooking spray. When hot, **add** onions and keep stirring for about 5 minutes.
3. **Add** squash and **stir** for 2 more minutes.
4. **Add** any extra vegetables that you have on hand or prefer (leafy greens, thin sliced carrots, fresh garlic). (all optional)
5. **Stir** in sauce and **cover**.
6. **Reduce heat** to simmer and **Cook** for 8 minutes or until vegetables are crisp-tender, stirring occasionally. **Grate** cheese during this cook time.
7. When vegetables are cooked, **sprinkle** cheese and **heat** until cheese is melted. **Serve** topped with extra herbs like basil, oregano, chopped garlic/powder.

## Recipe Credit:

Kraft Recipes