

Farmers Market Fun Family Recipes

SUMMER SQUASH WITH SNOW PEAS

Serving Size: ½ cup

Yield: 4 servings

Ingredients

- | | |
|--|--------------------------|
| 1½ teaspoons canola oil | ¼ cup green onions |
| ¾ pound yellow squash | ¼ teaspoon dried oregano |
| 1 cup fresh snow peas,
washed and trimmed | ¼ teaspoon dried thyme |
| ½ clove garlic, minced | Dash salt |
| or pinch garlic powder | Dash pepper |

Instructions

1. In a large skillet, heat oil over medium heat.
2. Add sliced squash and snow peas to pan; sauté until tender-crisp.
3. Add green onion, garlic, oregano, thyme, salt, and pepper and continue cooking for 2 to 3 minutes.





Nutrition information:

Calories: 50

Carbohydrate: 5 gm

Fiber: 2 gm

Fat: 0 gm

Protein: 2 gm

Cholesterol: 0 mg

Sodium: 90 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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