**Summer Squash**

**Farmers Market Fun Family Recipes**

**Ingredients**
- 1 Tablespoon vegetable oil
- 1 medium onion
- 1 yellow squash
- 1 medium zucchini
- 1 red pepper
- ½ teaspoon black pepper
- ¼ teaspoon basil
- ¼ teaspoon oregano

**Instructions**
1. Peel the onion. Cut it into thin slices.
2. Slice the yellow squash into thin round pieces.
3. Slice the zucchini into thin round pieces.
4. Chop the red pepper into small pieces.
5. Heat the oil in a frying pan or stir-fry pan. Add the onion slices.
6. Cook over medium heat, stirring quickly for 1 minute.
7. Add the spices and stir a few times.
8. Cook for 3 to 5 minutes till vegetables are just tender.

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**Serving Size:** ½ tomato

**Yield:** 4 servings
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.