

Summer Garden Skillet

Spend less time cooking and more time enjoying your summer with this fast and delicious summer veggie side dish.

Makes: 4 servings

Ingredients

- 2 tablespoons butter
- ¼ cup onion, chopped
- 1 clove garlic, minced
- 1 pound zucchini, sliced
- 2 tomatoes, peeled and diced
- ¼ teaspoon salt
- black pepper to taste



Directions

1. Melt butter or oil in a saucepan over medium heat.
2. Add onion and garlic.
3. Cook until tender, about 5-7 minutes.
4. Add zucchini, tomatoes, salt and black pepper.
5. Reduce heat and cook until vegetables are tender.

Recipe from: University of Wyoming Cooperative Extension, adapted by the USDA Food and Nutrition Administration.

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