

SQUASH MEDLEY

This colorful medley of fresh vegetables makes for an easy, flavorful side dish.

Chef John Findley, Executive Chef, University Club of MSU

Featured Food: yellow squash

Yield: Serves 4

Ingredients

1 zucchini 4 button mushrooms

1 yellow squash 1 oz EV olive oil

½ red pepper Salt and pepper

Preparation

Slice or dice all the vegetables. Using a large size sauté pan over med-high heat, add the olive oil. Add the zucchini, squash and cook for 3 minutes. Now add the pepper and mushrooms and sauté for 3-5 more minutes, stirring often. Add the salt and pepper. Serve when vegetables are to your liking.