

# Sautee'd Squash with Tomatoes & Onions

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Taste of Home - April/May 2016*

*2 teaspoons olive oil  
1 medium onion, finely chopped  
4 medium zucchini, chopped  
2 large tomatoes, finely chopped  
1 teaspoon salt  
1/4 teaspoon pepper*

In a large skillet, heat the oil over medium-high heat. Add the onion. Cook and stir for 2 to 4 minutes or until tender.

Add the zucchini. Cook and stir for 3 minutes.

Stir in the tomatoes, salt and pepper. Cook and stir for 4 to 6 minutes longer or until the squash is tender.

Serve with a slotted spoon.

Start to Finish Time: 20 minutes

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Per Serving (excluding unknown items): 284 Calories; 11g Fat (30.6% calories from fat); 12g Protein; 44g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 2181mg Sodium. Exchanges: 0 Grain(Starch); 8 Vegetable; 2 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	284
% Calories from Fat:	30.6%
% Calories from Carbohydrates:	54.0%
% Calories from Protein:	15.4%
Total Fat (g):	11g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	44g
Dietary Fiber (g):	14g

Vitamin B6 (mg):	1.0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	231mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

## Food Exchanges

Grain (Starch):	0
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**Protein (g):** 12g  
**Sodium (mg):** 2181mg  
**Potassium (mg):** 2670mg  
**Calcium (mg):** 168mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 125mg  
**Vitamin A (i.u.):** 4199IU  
**Vitamin A (r.e.):** 419RE

**Lean Meat:** 0  
**Vegetable:** 8  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 284 Calories from Fat: 87

### % Daily Values\*

<b>Total Fat</b>	11g	17%
Saturated Fat	2g	8%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2181mg	91%
<b>Total Carbohydrates</b>	44g	15%
Dietary Fiber	14g	57%
<b>Protein</b>	12g	

<b>Vitamin A</b>	84%
<b>Vitamin C</b>	208%
<b>Calcium</b>	17%
<b>Iron</b>	27%

\* Percent Daily Values are based on a 2000 calorie diet.