Summer Squash Medley

SERVES: 6  PREP TIME: 5 min.  COOK TIME: 10 min.

Ingredients:
1 small onion
1 Tablespoon olive oil
1 ½ yellow summer squash sliced
1 ½ zucchini sliced
¼ teaspoon garlic powder
1 can diced Italian tomatoes
2 Tablespoons cheese

Directions:
1. In a large skillet, heat oil.
2. Add squash and onion to skillet. Cook on medium heat until tender, about 10 minutes.
3. Add tomatoes and simmer 5 minutes.
4. Season with garlic powder, salt, and pepper.
5. Top with cheese.
6. Add to whole grain pasta or brown rice!

Source: https://whatscooking.fns.usda.gov/recipes/