

# Steamed Summer Squash with Warm Leek Vinaigrette

*The Mayo Clinic Cookbook*

## **Ingredients:**

2 yellow squash  
2 zucchini

## **Dressing:**

2 tablespoons olive oil  
1 leek finely chopped – about 1 cup  
1 tablespoon water  
1 tablespoon rice vinegar  
1 tablespoon lemon juice  
½ teaspoon salt  
¼ teaspoon black pepper

## **Directions:**

1. Cut squash in half lengthwise, and then in half crosswise into ½ inch pieces
2. In a large pot fitted with a steamer basket, bring 1 inch of water to a boil, cover and steam until tender, about 10 minutes.
3. In a small sauce pan, heat olive oil. Sauté leeks until soft, remove from heat. Stir in the water, vegetable stock, vinegar, lemon juice, salt and pepper.
4. Transfer steamed squash to a serving dish, top with vinaigrette and toss gently to mix.

## **Nutrition Facts:**

Calories 63  
Fat 5g  
Saturated Fat 1g  
Cholesterol 0mg  
Sodium 200 mg  
Carbohydrates 5g  
Fiber 2g  
Protein 1 g