

## Summer Squash Stir Fry

### **Ingredients:**

6 cups Summer Squash  
1 onion, chopped  
1 red bell pepper, diced  
Cooking spray  
1tsp garlic  
¼ cup unsalted chicken stock  
½ tsp dried oregano  
½ cup shredded reduced-fat cheddar cheese  
Chopped fresh parsley (optional)



### **Directions:**

1. Slice the squash into bite sized strips or chunks.
2. Spray a large skillet with non-stick cooking spray. Bring skillet to medium-high heat and saute onion, bell pepper, and garlic until barely softened; remove from skillet.
3. To skillet, add squash and stir-fry 3 to 4 minutes until tender. Add onion mixture, stock, and oregano; simmer until liquid has almost evaporated. Serve, sprinkling with cheese and garnish with parsley or oregano.
4. Enjoy!

Nutrition Information: (Per Serving)

### **4 servings:**

145 Calories  
4 g Fat  
23 g Carbohydrate  
9 g Protein