



Lemony Summer Squash

Ingredients:

- 1 t canola oil
- 1 pound summer squash, sliced ¼ inch thick
- 1/8 t garlic powder
- ¼ t garlic seasoning
- ½ lemon, juiced

Directions:

1. Heat oil in a nonstick skillet on medium heat.
2. Add squash and cook, stirring gently until tender, about 4 minutes.
3. Stir in garlic powder and Italian seasonings.
4. Pour lemon juice over squash and heat through.

Find additional healthy recipes at:

<http://ext.vt.edu/food-health/family-nutrition-program/recipes.html>
<https://blogs.ext.vt.edu/eatsmart-movemore/2017/04/13/2017-spring-recipes/>