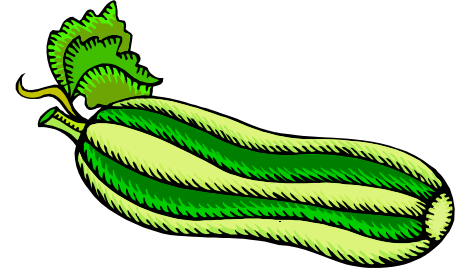


# Pesto-Flavored Squash Sauté

For an easy summer meal toss this squash sauté into cooked pasta.  
Recipe courtesy of The New Family Cookbook for People with Diabetes

## Ingredients:

- 1 Tbl walnuts
- 1 Tbl olive oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 medium zucchini, thinly sliced
- 1 medium yellow squash, thinly sliced
- ¼ cup packed basil leaves, minced
- 1 Tbl Parmesan cheese
- Salt and pepper, to taste



## Preparation:

- Toast walnuts in a small skillet over medium heat for 3 to 5 minutes, until lightly brown and fragrant. Remove and cool.
- Heat oil in a large nonstick skillet over medium heat. Sauté the onion and garlic until tender, about 5 minutes. Add the zucchini and yellow squash; toss. Cover the skillet and cook about 3 minutes, or until the squash is crisp-tender.
- Stir in the basil; heat through. Sprinkle with the walnuts, cheese, salt and pepper. Serve hot or at room temperature.

Yields: About 3 cups [4 servings]

Per Serving [3/4 cup]: 81 calories, 5g fat, 8g carbohydrate, 2g fiber, 5g sugar, 2g protein

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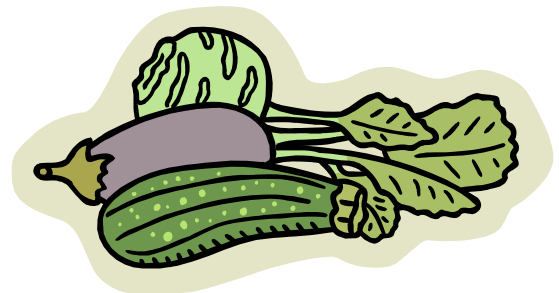


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