

# Bell Pepper and Squash Sauté



# BELL PEPPER AND SQUASH SAUTÉ

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## *ingredients*

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1-2 tablespoon light tasting cooking oil  
1 medium onion, sliced or chopped  
¾ teaspoon garlic powder or 3 garlic cloves, minced  
1 bell pepper, sliced or chopped  
4 medium or 3 large yellow squash, zucchini, or a combination  
1 ½ teaspoons of your favorite dried spice blend  
Salt & black pepper

Optional:

Grated cheese, nuts or seeds, olives, or fresh herbs

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## *directions*

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Heat oil over medium heat in a large skillet. Add onions and cook for about 4 minutes until translucent, stirring frequently so they don't burn.

To the skillet, add garlic, squash/zucchini, and bell peppers. Season with salt, pepper, and spice mixture. Toss to evenly coat vegetables with the spices. Cook on medium-high until squash and peppers are tender, stir occasionally.

Serve warm and add any toppings you like.

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## *notes*

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You can use fresh or jarred garlic instead of garlic powder.