

Summer Squash Sauté

(modified from the McCormick website)

Makes: 4 servings

Prep Time: 10 minutes

Cooking Time: 6 minutes

Total Time: 16 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium yellow squash, cut into 1/4-inch thick slices
- 1 medium zucchini, cut into 1/4-inch thick slices
- 1 teaspoon McCormick Rosemary Leaves, finely crushed
- 1/2 teaspoon McCormick Garlic Powder
- 1/4 teaspoon McCormick Black Pepper, Ground
- 1 cup grape or cherry tomatoes, halved

DIRECTIONS with low-fat fryer

1. Place squash, zucchini and tomatoes in fryer. Drizzle with olive oil.
2. Sprinkle vegetables with rosemary, garlic powder and pepper.
Cook about 7 minutes or until vegetables are tender-crisp.

DIRECTIONS with skillet

1. Heat oil in large nonstick skillet on medium-high heat.
Add squash and zucchini; cook and stir 3 minutes.
2. Sprinkle vegetables with rosemary, garlic powder and pepper. Add tomatoes; cook and stir 2-3 minutes or until vegetables are tender-crisp.