

Squash with Okra and Tomatoes



Ingredients:

- 8-ounces fresh or canned tomatoes, diced
- 1 acorn squash, sliced
- 2 zucchini, sliced
- 1 cup fresh okra, sliced
- 1 small onion, sliced
- 1 clove of garlic, sliced
- 2 tablespoons olive oil
- Salt, pepper and basil to taste

Directions:

1. On medium heat, sauté onion and garlic clove in oil just until transparent.
2. Add squash, zucchini, and okra, then add can of diced tomatoes. Add salt, pepper and basil to taste.
3. Let simmer on low to medium heat until squash and zucchini are cooked to desired tenderness.
4. Remove from heat and serve.

Makes 4 servings.



Tarrant County Public Health
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