

Sauteed Greek Seasoned Squash

2 small (6-inch) zucchini
1 medium white squash
1 teaspoon olive oil
3/4 teaspoon Cavendar's Greek seasoning
1/8 teaspoon salt
2 teaspoons fresh lemon juice

Cut zucchini into 1/4-inch thick sticks 3-inches long. Chop white squash into quarters and then into 1/4-inch thick slices. Heat a large skillet over Medium-High heat. Add oil to hot skillet. Add squash, Greek seasoning and salt. Saute 5 minutes. Sprinkle squash with lemon juice just before removing from heat and toss lightly until well blended. Serve immediately.

Servings: 4

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

Cavendar's Greek seasoning

Amount Per Serving	
Calories	25.02
Calories From Fat (45%)	11.27
% Daily Value	
Total Fat 1.29g	2%
Saturated Fat 0.19g	1%
Cholesterol 0.00mg	0%
Sodium 82.40mg	3%
Potassium 239.63mg	7%
Carbohydrates 3.24g	1%
Dietary Fiber 1.00g	4%
Sugar 1.76g	
Sugar Alcohols 0.00g	
Net Carbohydrates 2.24g	
Protein 1.10g	2%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
2 small (6-inch) zucchini	2 x 1 cup, chopped of Squash, summer, zucchini, includes skin, raw
1 medium white squash	1 x 1 cup, sliced of Squash, summer, all varieties, raw
1 teaspoon olive oil	1 x 1 teaspoon of Oil, olive, salad or cooking
3/4 teaspoon Cavendar's Greek seasoning	0.75 x of Spices, Italian seasoning
1/8 teaspoon salt	0.13 x 1 teaspoon of Salt, table
2 teaspoons fresh lemon juice	2 x 1 teaspoon of Lemon juice, raw

Recipe formatted and exported by Living Cookbook from Radium Technologies, Inc.