



## **Garden Skillet Sizzle**

Serves: 8 | Serving size: ½ cup

Ingredients Needed:

- 1 zucchini, coarsely chopped
- 1 yellow squash, coarsely chopped
- 1 red bell pepper, seeded and coarsely chopped
- 1 green pepper, seeded and coarsely chopped
- 1 yellow bell pepper, seeded and coarsely chopped
- 1 cup of grape tomatoes, halved
- 2 tablespoons of vegetable oil
- 2 tablespoons of reduced-fat Italian dressing
- ¼ cup of grated Parmesan cheese

Directions:

1. Wash and chop the vegetables as indicated above.
2. Heat oil in a large skillet over medium heat.
3. Add zucchini, yellow squash, bell peppers, and grape tomatoes to the skillet. Sauté until tender, about 10 minutes, stirring occasionally.

4. Place sautéed vegetables in a large serving bowl. Add dressing and Parmesan cheese, and mix until vegetables are evenly coated.