

# SIMPLE SKILLET SQUASH ZUCCHINI MUSHROOMS



Servings: 10

## Ingredients

- Three tablespoons butter
- Three tablespoons olive oil
- 1-1/2 teaspoon salt
- One teaspoon pepper
- Two teaspoons Italian seasoning
- 1/2 sweet onion
- Two cloves garlic
- 8 ounces fresh mushrooms
- Three yellow squash
- Three zucchini

## Instructions

1. Slice the Squash and Zucchini and cut each slice in half.
2. Chop the onion into tiny pieces.
3. Sliced the mushrooms.
4. Heat up the butter and olive oil.
5. Saute the garlic and onion.
6. Once the onions are tender, add the mushrooms and cook until tender.
7. The mushrooms will absorb most of the oil and butter.
8. You may need to add another tablespoon of oil.
9. Add the Squash and Zucchini and cook until fork tender.
10. Add the Italian season, salt and pepper.



*\*This recipe has been adapted by the South Plains Food Bank SNAP-Ed Department.*

This material is funded by the USDA Supplemental Nutrition Assistance Program (SNAP) & designed by the South Plains Food Bank SNAP-Ed Nutrition Program. This institution is prohibited from discriminating based on race, color, national origin, sex, age, and disability. To find out more, contact the South Plains Food Bank (806)-763-3003.