

Simple Summer Squash



2 pounds summer squash, yellow and zucchini both
2 teaspoons olive oil
1 tablespoon water
1 teaspoon dried thyme, crushed
2 teaspoons unsalted butter
Salt and freshly ground black pepper to taste

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 81 Calories; 5g Fat (46.1% calories from fat); 3g Protein; 10g Carbohydrate; 4g Dietary Fiber; 5mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1 Fat.

*Carolyn T's
Main Cookbook*

Servings: 4

Notes: You can use a mixture of squash, or just yellow, or just zucchini.

1. Chop or dice the squash into small pieces - the smaller the better (about 1/4 to 1/2 inch).
2. In a medium skillet (with a lid) heat the olive oil and add the chopped squash. Stir to combine. After about 2 minutes add the water and crushed thyme, cover and simmer over low heat for about 5 minutes. Stir a couple of times and continue cooking (covered) until it's done to your liking, about 2-5 minutes. Drain.
3. Add butter and salt and pepper. Serve piping hot.