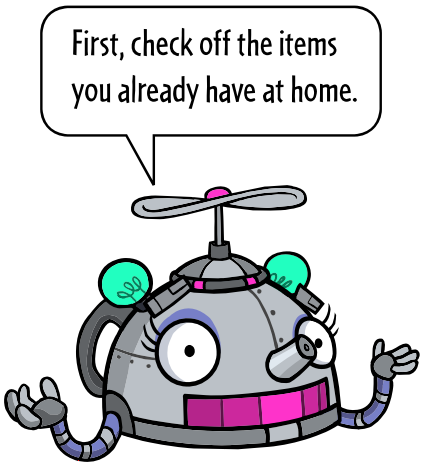
SHOPPING LIST

Summer Sauté of Veggies

- [ ] Olive Oil
- [ ] Red Onion
- [ ] Garlic
- [ ] Summer Squash
- [ ] Corn
- [ ] Beefsteak Tomato
- [ ] Kosher Salt
- [ ] Fresh Basil



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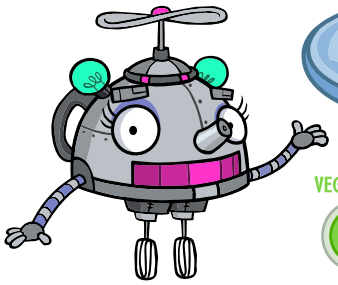
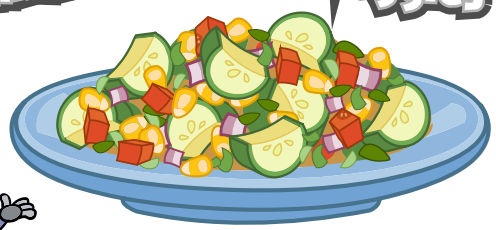
DINNER

FIZZY'S LUNCH LAB

Summer Sauté of Veggies





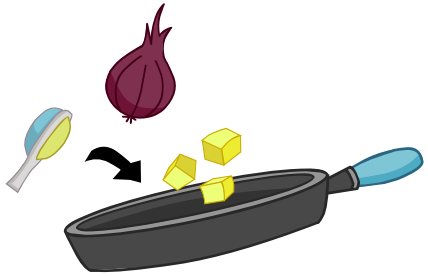
VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	About 30 min.	Medium	

YOU WILL NEED

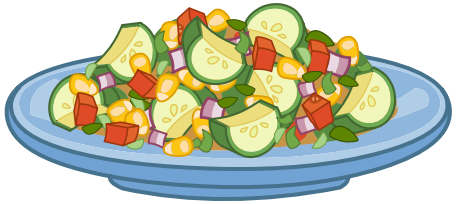
- **1 tablespoon** olive oil
- ½ medium red onion, chopped
- **2** garlic cloves, minced
- **1** large summer squash, cut into 1/2-inch dice
- **3** ears of corn, kernels cut off and reserved, cobs discarded
- **1** beefsteak tomato, cored and diced
- **¼ teaspoon** kosher salt
- **2 tablespoons** chopped fresh basil leaves

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!



STEP 1: Heat the oil in a large skillet over high heat. When hot, add the onion and garlic and cook, stirring occasionally, until the onion starts to lose its red color and just begins to brown, about 5 minutes. Add the squash and cook until tender and just beginning to brown, about 12 minutes. Add the corn kernels, tomato and salt and cook, stirring frequently, until heated through, about 5 minutes. Stir in the basil and serve immediately.



Nutrition Facts

Serving Size 1 Serving (241g)
Servings Per Container

Amount Per Serving

Calories 150	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 5g	

Vitamin A 6% • Vitamin C 45%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4