

## Summer squash/Mushrooms/Sundried Tomatoes

<u>Ingredients</u>	<u>Amount</u>
Zucchini (finely sliced)	1 small
Yellow Squash (finely sliced)	1 small
White mushrooms (thinly sliced)	2 Cups
Shallots (thinly sliced)	1 medium
Fresh garlic (thinly sliced)	2 cloves
Sundried tomatoes (finely chopped)	6 slices
Oil (See SRY preferred list)	1 TBS
Liquid Aminos	1 teaspoon
Balsamic Vinegar	1 TBS
Chili powder	1 teaspoon
Black pepper	½ teaspoon
Fresh or dried sage	2 TBS
Fresh or dried tarragon	1 TBS
Fresh or dried thyme	1 TBS

### Preparation:

- Pre-heat (medium) oil in a non-stick pan
- Sautee shallots and garlic until golden
- Add mushrooms first until light brown
- Add squash/zucchini, mix and cover for a few minutes
- Add sundried tomatoes, spices and herbs and mix.
- Cook covered, add small amounts of water if needed to avoid burning.
- Mix periodically and cook for about 7-10 minutes on low-medium heat.
- Enjoy as a side dish with your protein of choice.

Servings: 4

<u>Calories/serving</u>	<u>Carbohydrates (g)</u>	<u>Proteins (g)</u>	<u>Fats (g)</u>
73.3	8.3	3.25	3.75