

# Sauteed Squash

## Ingredients

- 2-3 yellow squash, sliced or diced
- 2-3 zucchini squash, sliced or diced
- 1 small onion, sliced or diced
- 1-2 bell peppers, sliced or diced (optional)
- 1-2 T. butter, margarine, or oil
- 1 t. minced garlic
- salt and pepper to taste

## Directions:

Heat the butter in a large skillet or medium-high heat.

Add the veggies and saute for 5-7 minutes or until tender.

Sprinkle with salt and pepper and enjoy!