

MEXICAN SQUASH

Ingredients:

- 1 medium onion cut in half and sliced thin
- 4 medium cloves garlic, chopped
- 2 cups zucchini diced into $\frac{1}{2}$ inch cubes
- 2 cups yellow squash, diced in $\frac{1}{2}$ inch cubes
- 15oz can diced tomatoes, drained
- 1 4oz can of diced green chili
- 3 + 1 TBS chicken or vegetable broth
- $\frac{1}{4}$ cup chopped cilantro
- 3 TBS fresh chopped fresh oregano
- salt and black pepper to taste
- *Optional: drizzle with olive oil before serving

Directions:

1. Slice onion and chop garlic and let sit for at least 5 minutes to bring out their health-promoting benefits.
2. Prepare all the vegetables by slicing and chopping.
3. Heat 1 TBS broth in 11-12 inch stainless steel skillet. Healthy Sauté onions in broth over medium heat for about 5 minutes stirring frequently, until translucent. Add garlic and sauté for another minute.
4. Add zucchini, yellow squash, remaining broth, green chili, and cook for another 3 minutes or so until vegetables are tender, stirring often. Add tomatoes and continue to cook for another couple of minutes.
5. Stir in herbs, salt and pepper. **Serves 4**