

Bev's Sauteed Yellow Squash

submitted by JonahJ02



Per serving: 160 Calories • 12.4g Carbs (3.7g Fiber) • 12.1g Fat • 4g Protein

Ingredients

Ingredients scaled to: 4 serving

6 medium **Squash** (1.2 kg)

1/4 cup **Butter** (56.8 grams)

1 medium (2-1/2" dia) **Onions** (110 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Dice onions and slice squash.
2. Melt butter in large skillet. Add onion and cook just till tender.
3. Add yellow squash and continue cooking over medium heat, stirring until squash begins to soften.
4. Cover and continue cooking over low heat until nice and tender (usually about 20-25 minutes).
5. I add lots of salt and pepper.