

## Pan Seared Squash in Olive Oil

### Ingredients:

2 squash

one half small onion

2 cloves minced garlic

2 teaspoons of olive oil

Cut the squash length wise in half and then slice into 1 inch pieces and roughly chop the onion.

Heat olive oil in medium sauté pan; add garlic, onions and squash. Sautee 5-10 minutes until squash is cooked to desired tenderness. This is a simple, healthy vegetable that is easy to make.