Summer Squash Medley

Ingredients:
- 2 teaspoons olive oil
- 1 onion
- 2 tomatoes
- 2 zucchini
- 2 squash, summer
- 1 bay leaf
- 1/2 teaspoon dried basil

Equipment:
- Cutting board
- Knife
- Large skillet
- Spatula
- Measuring spoons
- Measuring cups

Directions
1. Heat the oil in a large non stick skillet over medium heat.
2. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Cook and stir the onion about 5 minutes, until tender.
3. While onion is cooking, slice tomato in half. Use a paring knife to remove core. Place cut side down and slice into 1/2 inch slices keeping tomato together. Turn and slice again to dice. Add the tomatoes to the skillet, continue to cook for five minutes.
5. Add bay leaf and dried basil. Cover skillet and reduce heat to low. Simmer for 20 minutes, stirring occasionally. Remove bay leaf before serving.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 1/2 cup</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 52</td>
<td>Calories from Fat 18</td>
<td></td>
</tr>
<tr>
<td>Total Fat 2g</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 8g</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>Protein 2g</td>
<td>14%</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 12%  Vitamin C 41%  Iron 5%  Calcium 3%

*Percent Daily Values are based on a 2,000 calorie diet.

To microwave: Cook onions until translucent, about 3 minutes. Combine remaining ingredients in same container, cook for 10 minutes, or until desired doneness.