

Sautéed Summer Medley

2 Tbls. olive oil

1 medium yellow onion, cut into ½" dice

1 ½ lb. zucchini, patty pan, or yellow squash, sliced thin or cut into 1" dice

½ lb. green beans, washed, trimmed, and cut into 2" lengths

1 - 2 ripe tomatoes cut into 1" dice

Sea salt

Heat olive oil in large sauté pan over medium high heat. Add onions and cook over medium heat until soft and starting to turn golden brown (roughly 5 minutes). Add squash and green beans. Cook until soft and starting to brown. Add tomatoes and cook for a quick minute. Salt to taste. Serve over rice.