

# Sauteed Patty Pan Squash Recipe



**PREP TIME:**  
10 MINUTES

**COOK TIME:**  
12-15 MINUTES

**TOTAL TIME:**  
25 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 6 Servings

## Grilled Chicken Ingredients:

- 2 Tablespoons Extra Virgin Olive Oil
- 5 Cups Patty Pan Squash (about 5-6 squash) – Stems Removed & Sliced Thin  $\frac{1}{4}$  -  $\frac{1}{2}$  inch Thick
- 1 Cup Red Onion – Sliced Thin
- $\frac{3}{4}$  teaspoon Himalayan Sea Salt
- Cracked Pepper to Taste
- 1 teaspoon Garlic Powder
- 1 teaspoon Italian Seasoning
- $\frac{1}{4}$  Cup Fresh Basil – Sliced Thin

## Instructions:

1. Warm up large sauté pan. Add olive oil to pan.
2. Toss in the red onion and let cook down for 5 minutes, occasionally stirring.
3. Add in the patty pan squash and allow to cook about 8 minutes, occasionally stirring.
4. Sprinkle in the sea salt, Italian seasoning, garlic powder and toss lightly.
5. Lastly add in the basil and cook another 2 minutes – until cooked to desired softness.

**Optional:** Top with fresh basil or Nutritional Yeast

**\*Try and use all organic ingredients if possible.**