



# BETH WARREN

## NUTRITION

### Patty Cake Squash and Baby Zucchini Recipe

Patty Cake Squash and Baby Zucchini Stir Fry that's perfect for a vegetable dish during Fall

#### INGREDIENTS

- 6-8 patty cake squash, sliced in half
- 6-8 baby zucchini, sliced in half
- 1 tbsp extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp sweet paprika

#### INSTRUCTIONS

Heat the oil on medium flame in sauté pan. Add the onions and garlic. Cook until translucent. Add in the squash and spices. Cook for about 10 minutes (stirring every few minutes for even cooking).