

## SUMMER SQUASH SAUTÉ

*(serves 8)*

### Ingredients

- 2 Tbsp **olive oil**
- 6 cloves **garlic**, sliced
- 1 tsp **red pepper flakes**
- 3 lbs assorted **summer squash**, thinly sliced into disks
- ½ tsp **salt**

### Instructions

- 1.** In a large nonstick skillet over medium heat, combine oil, garlic and pepper flakes. Cook for 2-3 minutes, stirring occasionally, until the garlic begins to turn golden.
- 2.** Add the squash and salt and toss to coat. Cover, reduce heat to medium-low and cook for 30 minutes, stirring occasionally, until the squash begins to break apart.
- 3.** Uncover the pan and increase the heat to medium. Cook for 10-12 minutes, or until the liquid is almost gone.
- 4.** Sprinkle with sunflower seeds.