

Bubbie's Space

Live Well ♥ Cook More ♥ Laugh Often

Good Food Brings People Together ♥

Bubbie's ZUCCHINI & YELLOW SQUASH

with Red, Yellow & Orange Peppers

Colorful ♥ Healthy ♥ Family Favorite!

A simple, vibrant and delicious vegetable dish that's full of flavor — perfect as a side, a topping, or a light main dish!



♥ INGREDIENTS ♥

- 2 medium zucchini, sliced into half-moons
- 2 medium yellow squash, sliced into half-moons
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 orange bell pepper, sliced
- 1 small onion, sliced
- 2 tablespoons olive oil (or butter)
- 3 cloves garlic, minced
- 1/2 teaspoon salt (or to taste)
- 1/2 teaspoon black pepper
- Optional: pinch of red pepper flakes (for a little heat)



♥ DIRECTIONS ♥

1. **Heat the oil:** In a large skillet over medium heat, add the olive oil (or butter).
2. **Sauté the onion:** Add the sliced onion and cook for 3–4 minutes, until soft and translucent.
3. **Add the peppers:** Add the red, yellow and orange peppers. Cook for 5–6 minutes, until slightly softened but still crisp.
4. **Add zucchini and yellow squash:** Stir in the sliced zucchini and yellow squash.
5. **Add garlic:** Add the minced garlic and cook for 1–2 minutes, until fragrant.
6. **Season:** Sprinkle with salt, black pepper, and optional red pepper flakes.
7. **Cook:** Stir occasionally and cook for 5–7 minutes, until the vegetables are tender-crisp and lightly golden.
8. **Serve:** Enjoy warm, as a side, over rice or pasta, or with your favorite meal!

BUBBIE'S TIP:

For the best flavor, let the vegetables cook undisturbed for a few minutes — it brings out their natural sweetness! ♥

♥ PERFECT FOR: ♥

- Weeknight dinners
- Grilled chicken or fish
- Pasta dishes
- Rice bowls
- A healthy side dish



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