Pan-Seared Summer Squash Medley with Lemon and Mint in a new light

Makes: 4 servings
Prep Time: 10 minutes
Cook time: 10 minutes
Difficulty: Easy

Ingredients:
- 2 teaspoons olive oil
- 1 medium summer squash, cut into 1/2-inch-thick slices
- 1 large zucchini, cut into 1/2-inch-thick slices
- 1/8 teaspoon salt
- 2 tablespoons slivered fresh mint leaves
- 1/2 teaspoon grated lemon zest
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon ground black pepper

Directions:
In large nonstick or cast-iron skillet, heat oil over high heat until almost shimmering hot. Arrange the squash in the skillet in a single layer (do in 2 batches if your pan can’t accommodate them all). Sprinkle with salt and let cook undisturbed until golden brown, about 5 minutes. Using tongs, flip over slices and continue cooking until golden brown on the second side, 4-5 minutes longer.

Transfer to a medium serving bowl. Gently toss with mint leaves, lemon zest, lemon juice, and pepper. Serve hot, warm, or chilled.

Nutritional Information: Per serving (3/4 cup): 50 calories, 2.5 g fat (0 g saturated, 0 g trans), 0 mg cholesterol, 80 mg sodium, 6 g carbohydrate, 2 g fiber, 2 g protein.