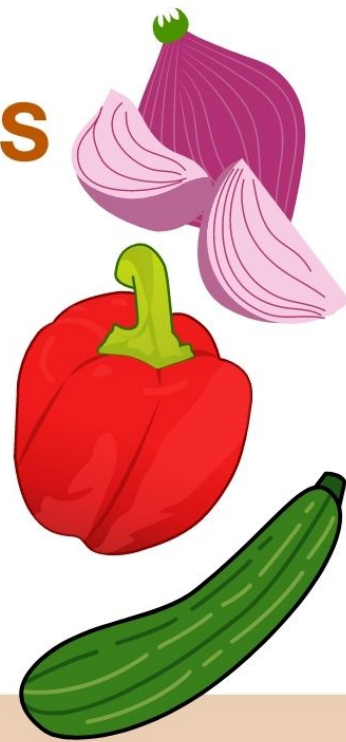


BESSIE'S SUMMER SQUASH AND VEGGIES

Ingredients:

- 1 Large Yellow Squash
- 1 Large Zucchini
- 1 Medium Red Onion
- Sliced or Diced Red (or orange) Bell Pepper
- Sliced Asparagus (optional)
- Sliced Mushrooms (optional)
- Morton's Nature's Seasons Seasoning Blend
- Black Pepper to taste



Stovetop Directions

1. Heat pan and add oil
2. Cut all vegetables into a medium sized mixing bowl
3. Drizzle with olive oil & season with salt and pepper OR my favorite, Morton's Nature's Seasons and toss
4. Add veggies to sauté pan
5. Cook until tender, lightly charred, and golden - You be the judge! Enjoy!

Oven Directions

1. Preheat oven to 450°F. Spray a baking sheet liberally with cooking spray
2. Cut the yellow squash and zucchini into 1/2 inch thick pieces. Thinly slice the onion and cut the peppers into strips
3. Place all veggies in a medium sized mixing bowl. Drizzle with olive oil. Season with salt and pepper OR my favorite, Morton's Nature's Seasons! Mix well, pour into a single layer on a pan
4. Bake for 20 to 35 minutes (or until veggies are tender and browned in spots). Then stir
5. Bake an additional 15 minutes. Stir and increase oven temperature to 475°F
6. Bake for an additional 5 min., or until lightly charred and golden. Serve immediately

**Chef's
Tips!**

- This recipe can easily be doubled by using 2 baking sheets and rotating the pans to allow for even cooking
- You can also add some protein to this dish like chicken!
- Add as many or as few vegetables, but mushrooms may not tolerate the oven!