

## Zucchini / Yellow Squash Saute

### **INGREDIENTS:**

3-4 medium zucchinis, diced  
1 yellow squash, diced  
1 T butter or ghee  
Sea Salt and Pepper to taste

### **PROCESS:**

Place ghee or butter in skillet over medium heat  
Add zucchini and yellow squash  
Sprinkle liberally with salt and pepper  
Stir occasionally until squash is tender and just starting to brown up

ENJOY!

