

Pan Fried Squash

INGREDIENTS:

- 1 Tablespoon coconut oil
- 2 Cups diced yellow squash
- 2 Cups diced zucchini
- 2 Tablespoons balsamic vinegar

PREPARATION:

Melt the coconut oil in a large skillet over medium to medium-high heat. Add the yellow squash and zucchini. Cook and stir until lightly browned and tender. Transfer to a bowl and toss with balsamic vinegar.

<http://allrecipes.com/Recipe/Pan-Fried-Squash/Detail.aspx>

NOTES FROM THE COOK:

Sides