

SIDE DISH

Green and Yellow Squash Parmesan

18 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
26 min	8 min	18 min	4	\$0.73	81 kcal

Green and Yellow Squash Parmesan is a side dish that serves 4. One portion of this dish contains about 4g of protein, 2g of fat, and a total of 81 calories. For 73 cents per serving, this recipe covers 10% of your daily requirements of vitamins and minerals. 1 person were glad they tried this recipe...

Ingredients

- ☐ 14½ ounce Italian-style stewed tomatoes, undrained
canned
- ☐ 1 clove 1/2 teaspoon minced garlic (about
- ☐ ½ teaspoon dried Italian seasoning
- ☐ 1 teaspoon olive oil
- ☐ 2/3 cup finely chopped onion (about 1 small)
- ☐ 2 tablespoons freshly grated Parmesan cheese
- ☐ 1 medium size yellow squash, coarsely chopped
- ☐ 1 medium zucchini, coarsely chopped

EQUIPMENT Frying pan

Method

- 1

Place oil in a large skillet over medium-high heat until hot.
- 2

Add onion and garlic; cook, stirring constantly, 3 minutes or until tender.
- 3

Add zucchini and next 3 ingredients; stir well. Bring to a boil; reduce heat, and simmer, uncovered, 15 minutes or until squash is tender, stirring occasionally.
- 4

Sprinkle with cheese.

5 Serve immediately.

Nutrition per serving

81	4 g	2 g	14 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.7 g · 4% of daily needs
Fibre			3.6 g · 14% of daily needs
Sugar			8 g · 9% of daily needs
Sodium			186 mg · 8% of daily needs
Cholesterol			2.2 mg · 1% of daily needs
Vitamin C			28.8 mg · 35% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/green-and-yellow-squash-parmesan-143619