

SIDE DISH

Sautéed Baby Squash and Leeks

16 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
10 min	6	\$1.51	150 kcal



If you have roughly 10 minutes to spend in the kitchen, Sautéed Baby Squash and Leeks might be an excellent gluten free, lacto ovo vegetarian, and primal recipe to try. One portion of this dish contains around 4g of protein, 8g of fat, and a total of 150 calories.

Ingredients

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| ☐ 1 cup sliced baby leeks | ☐ ½ cup crumbled feta cheese |
| ☐ 2 tablespoons finely chopped fresh basil | ☐ 2 tablespoons olive oil |
| ☐ 6 servings Salt and pepper to taste | ☐ 1½ pounds assorted baby squash, halved |

EQUIPMENT Frying pan

Method

- 1 Saut squash and leeks in hot oil in a large skillet over medium-high heat 5 minutes or until tender. Season with salt and pepper to taste; sprinkle with cheese and basil.

Nutrition per serving

150

KCAL

4 g

PROTEIN

8 g

FAT

19 g

CARBS

Saturated Fat	2.4 g · 15% of daily needs
Fibre	3 g · 12% of daily needs
Sugar	4 g · 4% of daily needs
Sodium	349 mg · 15% of daily needs
Cholesterol	11.1 mg · 4% of daily needs
Vitamin C	28.7 mg · 35% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/sauteed-baby-squash-and-leeks-142826