



Italian Squash Medley

Brittany Allyn

www.savortheflavors.tv

Serves 4-6

Ingredients:

1 medium to large Zucchini
1 large Yellow Squash
8 oz. fresh White Mushrooms
¼ cup Pine Nuts
½ cup shredded Mozzarella Cheese
2 cloves Garlic slightly smashed
2 tsp Extra Virgin Olive Oil
Salt and Pepper
1 tsp fresh Basil finely chopped
(can substitute ½ tsp dried Basil)



Directions:

Cut mushrooms into ½ inch slices. Cut zucchini and yellow squash into half inch slices. If necessary, cut the slices in half to where they are about the same size as the mushroom slices. In a skillet over medium heat lightly toast the pine nuts. Remove pine nuts and set aside. Add oil to the skillet and let warm. Add garlic. Sauté and stir until lightly browned. Remove garlic and discard. Add the mushrooms and sauté for about 4 minutes. Add the zucchini and yellow squash and sauté until tender but slightly al dente (6 -8 minutes). Salt and pepper to taste. Add pine nuts and basil and top with mozzarella cheese. Allow cheese to melt and serve.

Notes:

Sometimes I use basil or Tuscan herb infused olive oil in place of just plain extra virgin olive oil.

Turn this side dish into a main course – Vegetarian or add Chicken!

Italian Chicken Veggie Wraps

www.savortheflavors.tv

Serves 4

Italian Squash Medley
1 Chicken Breast
(omit for vegetarian version)
2 TSBP Creamy Italian Salad Dressing
4 large Spinach and Herb Wraps
Extra Virgin Olive Oil
Sea Salt
Freshly cracked Black Pepper.



Pound the chicken breast with the flat side of a meat tenderizer until it's the same thickness all over. Brush both sides with olive oil and season with salt and pepper. Grill on high for 3-4 minutes per side. Remove to a plate, tent with foil and let rest for 10 minutes. Slice the chicken breast into very thin slices.

Prepare the Italian Squash Medley as directed above.

To serve, brush each wrap with 2 teaspoons of the creamy Italian dressing. Put $\frac{1}{4}$ of the medley on the bottom third of each wrap. Divide the chicken strips evenly among the wraps placing them over the top of the medley (you may have extra). Roll, tucking tightly and turning in the sides until you've made a wrap. Cut in half and serve.