

Garlic-lemon summer squash stir fry

Prep to table: 15 minutes | Serves: 4

- 2 tablespoons olive oil
- 1 small red onion, sliced
- 5 garlic cloves, minced
- ½ teaspoon salt
- 4 cups summer squash chopped into bite-sized pieces
- 1 cup sugar snap peas, trimmed and chopped into bite-sized pieces
- 1 can chickpeas, drained and rinsed
- 1/2 lemon, juiced and zested
- 4-6 mint sprigs, de-stemmed and finely chopped
- 2-4 teaspoons soy sauce

Serving suggestion

3 to 4 cups of cooked black rice

Toasted chopped almonds

Feta or goat cheese, crumbled

Heat the olive oil in the skillet over medium heat. Add red onion and saute until fragrant. Add garlic and salt, and sauté for 1 minute. Add summer squash, sugar snap peas, and chickpeas and stir intermittently for 8-10 minutes, or until squash has softened. Turn off the heat.

Stir in lemon juice and zest, fresh mint and soy sauce to taste.

Serve over rice, and top with toasted almonds and crumbled feta or goat cheese.

Easy ingredient swaps

Vegan cheese for feta or goat cheese

Any kind of cooked grain for black rice

Cooked edamame beans for garbanzo beans