

Featured July Recipe: Squash, Zucchini and Sweet Potato Medley

Cooking Time: Approximately 30 minutes

Prep Time: 30 to 45 minutes

Utensils: ladle, medium soup pot, cutting knives, blender or immersion blender

Nutrition Facts:

Calories	Salt	Sugars	Protein	Carbohydrates	Fat
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Ingredients:

- 1 medium bell pepper diced
- 1 medium white onion – chunks
- 1 medium, fresh tomato (cut in wedges)
- 1 pkg shrimp (optional) (if fresh shrimp, clean/devein/remove tails)
- 1 sweet potato (chunks – (to soften broil for 5 minutes in air fryer or boil slightly in a bowl w/ ½ cup of water in microwave until slightly soft for 3 min.)
- 1 yellow zucchini (cut in slivers)
- 1 green zucchini (cut in slivers)

Seasonings:

- 3 cloves fresh garlic
- 1 tsp black pepper
- 2 tsp salt
- 1 tbsp sugar or 1 tbsp Mae Ploy (Filipino condiment)
- 1 tbsp Gochuchang (Korean red pepper paste)
- 1 – ½ Golden Curry cubes

Instructions:

1. In a small saucepan cook, cleaned shrimp until translucent, cover and set-aside. (do not overcook)
2. In a large saucepan pour olive oil in the bottom and heat until sizzling. In the pan, combine fresh garlic, bell pepper, sweet potato chunks, onions, zucchini, tomato wedges and sauté on high heat. Do not cook until zucchini is soft – leave it slightly crunchy). Turn heat on low.
3. In a measuring cup filled with 1/2 cup water, crush and stir 1 to 2 curry cubes until they dissolve (use 2 cubes for a strong, thick curry sauce or 1 cube for a thin, mild sauce).
4. Add seasonings and stir mixture for 5 to 8 minutes until it begins to steam or bubble.
5. Remove pan from heat and serve spooned over rice. Optional side dishes: Kimchi, sautéed cabbage