

SARDINES AND SUMMER SQUASH

Number of servings: 5
Serving Size: 1 cup

Ingredients:

- 1 teaspoon oil
- 3 cups squash (summer), diced small (1 large)
- ½ cup bell peppers, diced small (1 medium)
- 2 cups eggplants, diced small (approx. 1 medium)
- ½ cup green onions, chopped fine (3 stalks)
- 3 cloves of garlic, minced
- 1 cup cherry tomatoes, cut in half (approx 9)
- 1 can (15-ounce) sardines in tomato sauce
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions:

1. DICE squash, bell peppers and eggplants. Set aside.
2. CHOP green onions. Set aside.
3. MINCE garlic. Set aside.
4. CUT cherry tomatoes in half. Set aside.
5. Heat oil in a large skillet.
6. ADD squash, garlic and green onions, and SAUTÉ for 10 minutes, stirring occasionally until squash is almost clear.
7. ADD bell peppers and eggplants. COVER and COOK for 5 minutes, stirring occasionally.
8. ADD tomatoes, and COOK for 3 minutes.
9. MIX in sardines in tomato sauce, and ADD salt and pepper. COVER and COOK on low heat for 5 minutes. STIR occasionally.
10. SERVE hot.

Variations: Squeeze on some fresh lemon juice.
 If summer squash is not available, use pumpkin.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

For more information: <http://www.ctahr.hawaii.edu/NEW/resources/SafeFoodHandling.pdf>

Nutrition Facts	
Serving Size 1 cup (255g)	
Servings Per Container 5	
Amount Per Serving	
Calories 200	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15 %
Saturated Fat 2.5g	12 %
<i>Trans</i> Fat 0g	0 %
Cholesterol 50mg	17 %
Sodium 580mg	24 %
Total Carbohydrate 8g	3 %
Dietary Fiber 3g	12 %
Sugars 5g	
Protein 19g	
Vitamin A 20%	Vitamin C 70%
Calcium 20%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4	

* Recipe contributed by the Northern Marianas College-Cooperative Research, Extension, and Education Service