

Zucchini Salad

2 med zucchinis cut into cubes
2 med summer squash "
1/2 lg. red bell pepper small "
1/4 lg. red onion small "
3 cloves garlic - minced
pepper + salt to taste

Cook onion + garlic on
medium heat in large
sauce pan about 2 minutes.
add red peppers and cook about
2 more minutes + then add
zucchini + squash ~~and~~ cook
until tender.

Terri-Ann

Rita's garden soup

- 1) Sweet chard
- 2) Yellow onion
- 3) Green onion
- 4) Carrots
- 5) Green pepper
- 6) Beans
- 7) Diced tomatoes with
basil, garlic + origano
- 8) Cepeellini Conchi (square pasta,
no eggs added)
- 9) Salt
- 10) 2/1 Reasoning Saute

Rita