



BLUE ZONES PROJECT  
by sharecare

# RECIPES



POWERED BY:



**PISCAH**  
HEALTH FOUNDATION

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# Stewed Squash

*A TRADITIONAL SUMMER SIDE DISH IN APPALACHIA. STEWED SQUASH CAN BE SERVED WITH DINNER OR LUNCH.*

## ***Ingredients***

- 1 onion, chopped
- 2-3 yellow squash, cut into 1/4 inch thick slices
- Olive oil, 1 tsp
- Salt & Pepper to taste

## ***Directions***

Saute oil and onion until onion is translucent.

Add squash and 1/2 cup water, salt & pepper. Simmer for 30-40 minutes or until very soft.

*Recipe source: Katina Hansen, owner Blue Ridge Bakery*