

**Classic Lemon Pepper Chicken and more**

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## Southern Squash & Onions

Submitted by: [FLORIDALARK](#)



★★★★☆  
4 of 5 (5)

MEMBER RATINGS

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### Nutritional Info

Servings Per Recipe:	4
Amount Per Serving	
Calories:	87.7
Total Fat:	3.0 g
Cholesterol:	0.0 mg
Sodium:	48.9 mg
Total Carbs:	13.7 g
Dietary Fiber:	3.6 g
Protein:	3.3 g

View full nutritional breakdown of [Southern Squash & Onions calories](#) by ingredient

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GIF89a

### Introduction

This is a tasty side dish geared for 4, but can be increased by adding 1 squash for each additional person. Increase or decrease the onions as needed. Mixing squash types makes for an appealing, colorful dish.

Minutes to Prepare: **10**

Minutes to Cook: **20**

Number of Servings: **4**

### Ingredients

4 summer squash (yellow crookneck and/or zucchini) [1 per person]  
3 medium onion s (more if partial to onions)  
1-2 T butter/margarine/etc.  
1/4 C water  
Garlic powder to taste. (optional)  
Salt and Pepper to taste (optional)

### Directions

In an appropriate-sized pot melt butter on low.  
Add garlic, salt, and pepper and stir occasionally as you cut up vegetables.  
Slice squash into 1/4 - 1/2 inch circles.  
Slice onions 1/4 - 1/2 inch thick.  
Break slices into rings as they are added into the pot.  
Add vegetables to pot and stir to insure all pieces are well coated.  
Cook over medium high heat just until the vegetable start to sweat. Add water to prevent burning or sticking until vegetables start to release their own water.  
Reduce heat to medium low.  
Simmer for 15-20 minutes or until vegetables are well done.  
Makes approximately 4 2-cup servings.

My family alternates between a layer of squash, then a layer of onion.

Number of Servings: 4

Recipe submitted by SparkPeople user TAMPALARK.

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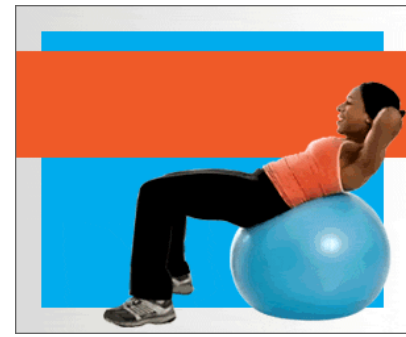
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<p>Was this review helpful? <input type="radio"/> Yes <input type="radio"/> No</p>		
 <p><b>LAFTERSFREE</b></p>	<p>this was very easy and very delicious. before this recipe, i didn't even know if i would like squash. I love this!! I plan to make it again this week! I like simple things with not a lot of spices, I cut back on some of the butter used, and used garlic salt instead of garlic powder. a favorite! - 2/10/09</p>	<p>★★★★☆ <b>Very Good</b></p> <p><a href="#">report inappropriate post</a></p>
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 <p><b>AT MY STRONGEST</b></p>	<p>Love Onions! Soooo, I added green onions as well along with a sprinkle of brown sugar. - 8/11/08</p> <p><i>Reply from FLORIDALARK (8/15/08)</i> What a great idea--especially if you're only using yellow crookneck squash! Thanks for the feedback!</p>	<p>★★★★☆ <b>Very Good</b></p> <p><a href="#">report inappropriate post</a></p>
<p>Was this review helpful? <input type="radio"/> Yes <input type="radio"/> No</p>		
 <p><b>JKLMNOP81</b></p>	<p>This recipe was pretty good. I would definitely add a few more spices and less onion the next time. - 7/23/08</p> <p><i>Reply from FLORIDALARK (7/26/08)</i> Thanks for trying this. This is one of my comfort foods, I LOVE onions, so mine S&amp;O tends to be filled with them.</p> <p>What spices would you suggest?</p> <p>Lark</p>	<p>★★★☆☆ <b>Good</b></p> <p><a href="#">report inappropriate post</a></p>
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