

Squash Creole with Tomatoes and Peppers

1 1/2 to 2 pounds sliced zucchini or other summer squash
8 ounces sliced mushrooms
1 large green bell pepper, cut into thin strips
1 clove garlic, minced
2 teaspoons dried leaf basil, crumbled
1 tablespoon melted butter
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon sugar or equivalent sugar substitute
1/4 teaspoon Worcestershire sauce
2 medium tomatoes, peeled and chopped

Combine zucchini, mushrooms, green pepper, garlic, basil, butter, salt, pepper, sugar, and Worcestershire sauce in a large skillet; cook for 5 minutes over medium heat. Add tomatoes and cook for 5 minutes more, or until tender.