

SQUASH IN ZESTY MUSTARD SAUCE

3 zucchini, sliced
1 yellow squash, sliced
1/2 c. water
1/2 t. chicken bouillon
2 T. white wine
1 t. instant minced onion
1 T. cornstarch
1-1/2 t. fresh thyme (1/2 t. dry)
2 t. Dijon mustard
black pepper

Microwave the squashes, covered, on high for 5 to 7 minutes, stirring once. Drain. Combine remaining ingredients and microwave, uncovered, for 2 minutes on high, stirring once. Add pepper. Pour over squash and toss. Makes 6 servings at 26 calories each.

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