Okra Summer Garden Sauté

½ lb fresh okra
1 yellow squash
2 T extra virgin olive oil
½ sweet onion, sliced
2 cloves garlic, chopped
1 cup grape tomatoes, halved
sea salt and pepper, to taste
2 T fresh parsley, chopped

Wash and trim okra and yellow squash. Cut okra into 1-inch pieces. Slice yellow squash in half, lengthwise, and slice into half circles. In large skillet, heat olive oil on medium-high heat, add onion and sauté until soft. Add garlic, okra and yellow squash and stir. Turn down to medium heat and cover for about 5 minutes before adding grape tomatoes, salt and pepper to taste. Cook an additional 3-5 minutes. Finish with fresh chopped parsley to serve.

Recipe by Garden Chef Megan McCarthy