**Summer Sautéed Veggies Recipe**

### Ingredients:

* 1 tablespoon coconut oil
* 5 cloves garlic, sliced
* 2 yellow squash, halved and sliced
* 1 zucchini, halved and sliced
* 1 cup red grape tomatoes
* ½ teaspoon sea salt
* ½ teaspoon black pepper
* 2 tablespoons chopped fresh oregano

### Directions:

1. In a large skillet, heat oil over medium-high heat.
2. Add garlic and cook, stirring for about 30 seconds.
3. Add yellow squash, zucchini, salt and pepper. Stir and cook for about 3 minutes.
4. Stir in the red and yellow tomatoes and continue cooking just until vegetables are tender (about 3 more minutes).
5. Remove from heat and stir in the oregano