Rainbow in a Skillet

### Ingredients:
- 1 Tablespoon canola oil
- 1/4 cup chopped red onion
- 1 garlic clove, minced
- 1 1/2 cups chopped yellow squash
- 3/4 cup chopped orange bell pepper
- 1 cup chopped cauliflower
- 8 ounces shredded green/purple cabbage
- 1 cup pink salmon (unsalted or low sodium)
- 1/2 cup reduced fat feta cheese

### Directions:
1. Place oil in skillet and heat to medium heat. Sauté onion and garlic.
2. Add squash, pepper, cauliflower, and cabbage.
3. Season with your favorite seasoning blend and cook vegetables to desired tenderness.
4. Remove from heat and sprinkle with salmon and feta cheese.

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**Nutrition Facts**

- **Calories:** 150
- **Total Fat:** 8g (12% DV)
- **Cholesterol:** 15mg (5% DV)
- **Sodium:** 270mg (11% DV)
- **Total Carbohydrate:** 9g (3% DV)
- **Protein:** 11g

**Vitamin & Mineral:**
- **Vitamin A:** 25%
- **Vitamin C:** 130%
- **Calcium:** 15%
- **Iron:** 6%

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