

# SUMMER SQUASH

*Summer squash refers to both zucchini, the green variety, and the yellow variety. A member of the Cucurbita pepo species.*

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## RECIPE IDEAS

- SIMPLE ROASTED SUMMER SQUASH
- STUFFED SUMMER SQUASH
- PASTA PRIMAVERA

## BEST COOKING METHODS

- SAUTEED
- GRILLED
- ROASTED

## STORAGE

- REFRIGERATE, WRAPPED IN PLASTIC
- USE AS SOON AS POSSIBLE AS THEY CAN DETERIORATE RAPIDLY

## TIPS

- EASY TO PREPARE, NO NEED TO PEEL.
- DICE AND FREEZE IF YOU HAVE MORE THAN YOU CAN IMMEDIATELY USE.
- GRATE IT AND EAT RAW IN PLACE OF CARROTS IN SALADS, OR OTHER RECIPES.

## NUTRITION

- HIGH IN: FIBER (IN THE SKIN)
- GOOD SOURCE OF: VITAMIN C, B6, A AND POTASSIUM.

## ROASTED ZUCCHINI AND SUMMER SQUASH

- **3-5** medium zucchini and squash
- **2** tablespoons olive oil
- **Salt**
- **Pepper**
- **Parmesan cheese (optional)**

PREHEAT OVEN TO 450°F. CHOP ZUCCHINI AND SUMMER SQUASH INTO ¼ INCH SLICES. TOSS WITH OLIVE OIL AND DESIRED AMOUNT OF SALT AND PEPPER. ROAST ON A BAKING SHEET FOR 20 MINUTES, OR UNTIL GOLDEN BROWN.

## QUICK SAUTÉ OF ZUCCHINI WITH TOASTED ALMONDS

- **2** tablespoons olive oil
- **2** tablespoons thinly sliced almonds
- **1** to 2 small zucchini, cut into ½ inch matchsticks
- **2** ounces thinly sliced parmesan or pecorino romano cheese

HEAT OIL ON HIGH IN A LARGE SKILLET. WHEN IT SIZZLES IF YOU THROW A DROP OF WATER IN, BUT NOT SMOKING, ADD THE ALMONDS TO THE PAN. COOK THEM, WHILE STIRRING, UNTIL THE ALMONDS ARE GOLDEN BROWN, APPROX. 1-2 MINUTES. ADD ZUCCHINI AND SQUASH TO THE PAN, TOSSING WITH THE ALMONDS AND OIL, FOR ONE MINUTE. THE IDEA IS NOT TO COOK THE ZUCCHINI SO MUCH AS TO WARM IT. ADD SALT AND PEPPER. SERVE IMMEDIATELY.

(borrowed from SmittenKitchen.com)

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