Summer Squash

Summer squash refers to the family of squashes harvested early in the season. Most common are yellow squash and zucchini, but you can also find crookneck squash, cousa, and pattypan squash during the summer season. All are fairly small and have tender, edible skins and seeds. All varieties are low calorie and rich in vitamin C, potassium, and fiber.

Cooking
All varieties are great for roasting, sautéing, and grilling. Grate them and eat raw in place of carrots in salads, or add to baked goods. Pattypan and round (or “8 ball”) varieties are great stuffed, while longer varieties are best for grilling, slicing, or cutting into noodles for

Storage
Store in a cool dry place and use as soon as possible. Wrap in plastic and refrigerate to extend life up to 10 days, or pre-cut and freeze for up to 3 months.
Zucchini Almond Skillet

Ingredients:
- 2 tbsp olive oil
- 2 tbsp thinly sliced almonds
- 1-2 small zucchinis, cut into matchsticks
- 2 ounces Parmesan or Pecorino cheese, grated or shaved

Directions:
1. Heat oil on high in a large skillet until it shimmers.
2. Once hot and shimmering, add the almonds to the pan. Be careful as oil may sizzle or splatter.
3. Cook, stirring frequently, until almonds are golden brown, approx. 1-2 minutes.
4. Add zucchini to the pan and cook, stirring, 1 to 2 minutes. (The idea is to warm the zucchini rather than cook it.)
5. Season with salt and pepper to taste. Serve topped with cheese.

Shaved Squash Salad

Ingredients:
- 2-3 medium summer squash
- 2 tbsp olive oil
- Salt and pepper
- 2 tsp lemon juice
- 1 tbsp grated cheese (optional)

Directions:
1. Wash squash and shave into thin noodles with a peeler or knife.
2. In a small bowl, whisk together oil, lemon, and salt and pepper to taste.
3. Pour over squash noodles and toss gently to coat.
4. Serve topped with cheese (optional).