

SUMMER SQUASH **(ZUCCHINI AND YELLOW SQUASH)**

Tastiest when fresh and relatively small sized. They dehydrate rapidly. Summer squash is easily digested, nourishing and cooling, perfect for July and August. They are also a good source of vitamins and calcium.

Storage Tips

- Summer squash dehydrates quickly. Store in the hydrator drawer of your fridge for a few days.

Culinary Tips

- Try raw summer squash cut into stick with your favorite dip or in salads.
- Cut into chunks, add to summer soups and pasta sauce.
- Grill thick slices for 3-4 minutes over hot coals, then 5-8 minutes on the side of the grill. Baste with marinade.
- Sauté onions in butter or oil, add summer squash and sugar snap peas. Then top with parmesan cheese and serve over pasta.
- To remove excess water and prevent soggy, cooked dishes: Lightly salt the grated or thinly sliced squash. Place in a colander and let stand for 30 minutes. Some water will exude during the resting period. Much more will come out when squeezed or patted with paper towels. If you wish, rinse to remove the salt.

Zucchini Casserole

Steam 4-5 whole zucchini/squash for about 10-15 minutes (until fork tender). Slice – you should have 4-5 cups. Mix with 1 cup mayonnaise, 2 eggs, 1 chopped onion, and 1 cup grated Parmesan cheese. Combine all in a casserole dish, top with bread crumbs. Bake at 350 degrees, 20-30 minutes.

Optional: slice and steam chard stems with squash.

Adapted from *Betsy Cashen*