

## ZUCCHINI & SUMMER SQUASH

### HOW TO CHOOSE AND STORE

Zucchini is easily damaged, be gentle when handling. Your zucchini should have a moist stem end and a shiny skin. They should feel firm and not rubbery. The size will vary. Zucchini will stay fresh for a few days stored in an open plastic bag in the fridge. Wait to wash until you use it.



### HOW TO USE AND EAT

This versatile vegetable can be eaten in many different forms: breaded and fried/sauteed, grilled, added to soups/stews/pasta or lasagna, or even baked into a variety of sweets and breads. All types of summer squash can be used in similar ways. None keep as long as winter squash. Round squash can be hollowed out.

#### GARLIC BUTTER SAUTEED ZUCCHINI

- 2 medium zucchini, sliced or chopped
- 1 tablespoon butter
- 1 tablespoon minced garlic (3 cloves) (or use garlic scapes/ and butter)
- 1 green onion, sliced, including greens
- 1/4 cup parmesan or other cheese (optional)
- Dash lemon juice or red wine vinegar, (optional)
- Salt and pepper to taste

Melt butter in large frying pan on med-high heat, add garlic and zucchini, cook until slightly browned and tender (3-5 minutes). Stir or turn the zucchini as they cook. Once cooked, add cheese and remaining ingredients, then serve.

#### STUFFED SUMMER SQUASH

Cook summer squash whole in boiling water 8-10 minutes, drain and allow to cool. Remove the stem and top from round squash or cut long squash in half. Scoop out seeds, leaving a solid shell, and drain off any extra liquid.

You need to prepare a total of 2-3 cups of filling, amount depends on size of squash, what is available, and your taste. Some suggestions:

Chopped: onion, seeded tomato, sweet pepper, bacon, garlic scapes (or minced garlic clove); grated cheese, soft breadcrumbs (fresh or slightly stale bread broken into fine soft crumbs). Mix chosen prepared ingredients together in a bowl. Season to taste with: basil, salt and pepper, small amount of butter, and/or other seasonings. Stuff squash shells to overflowing. Bake at 375 F for approx. 20 minutes.

#### MARINATED ZUCCHINI SALAD

- 1 pound zucchini, preferably a mix of green and yellow
- Salt to taste
- 3 tablespoons freshly squeezed lemon juice
- 1 garlic clove, crushed
- 3 tablespoons extra virgin olive oil
- 2 tablespoons finely chopped parsley, mint, chives, and/or dill (optional)

Slice the squash as thinly as you can. Sprinkle with salt, preferably kosher salt, and let sit for 15 to 30 minutes. Rinse and drain on paper towels.

Mix together the lemon juice, garlic and olive oil. Toss with the zucchini. Season with salt and pepper. Cover and refrigerate for four to six hours.

Remove from the refrigerator and remove the garlic clove. Add the fresh herbs and toss together. Taste, adjust seasoning, and serve.