



Summer Squash

What is it?

Summer squash is a general term for 70 different types of fast-growing, tender-skinned, soft-fleshed squash. Zucchini is the most famous, followed by yellow squash (either straight or crookneck), and scallops (or patty pan) which look like flying saucers. Because of their bland flavor, summer squashes lend themselves to many cooking applications, taking on the flavor of whatever they're cooked with. Here's a great tip: All summer squashes can be used interchangeably in your recipes.



Storage Tips

Store squash unwashed in a perforated plastic bag in the vegetable bin. In the refrigerator they keep for about a week and a half to two weeks. Before using, rinse under water to remove the dirt or prickles, and slice off the stem and blossom ends. You can freeze pureed (seeded) or grated zucchini in Ziplock bags, for use in breads and muffins.



Usage Tips

Try using them as a substitute for rice, pasta or potatoes. Slice tender, young summer squash into salads. Try them in stir-fries, with pasta. Lightly steam (4-5 minutes) and dress them with fresh herbs or pesto. Or coat squash lightly in oil and roast at 350 degrees whole or sliced in half for 15-45 minutes. Stuff whole squash with your favorite stuffings. Scrape out seeds from baseball bat sized zucchinis before using them to bake zucchini bread, cakes and muffins. The giant ones will be too tough and seedy for other recipes.

A Vegetable E-booklet



RECIPES

Zucchini Grilled Cheese

INGREDIENTS

- 1 pound (about 2 large) zucchini or other summer squash, trimmed
- 1 1/4 teaspoons fine sea salt
- 1 cup coarsely grated gruyere cheese
- 3/4 cup coarsely grated fontina or provolone cheese
- 1/4 cup finely grated parmesan or pecorino cheese
- Freshly ground black pepper
- 8 thin slices bread of your choice
- A couple tablespoons softened butter or olive oil for brushing bread

Adapted from www.smittenkitchen.com

INSTRUCTIONS

1. Grate zucchini. In a colander, toss together zucchini & salt. Let stand for 20-30 min, until zucchini has wilted and begun to release liquid. Drain in a colander squeezing out as much water as possible. Place wrung-out zucchini on paper towels to drain further.
2. Mix zucchini with grated cheese, pepper, and more salt if needed.
3. Brush outsides of the bread w/ olive oil or butter. Spread zucchini-cheese on insides, close sandwiches.
4. Place sandwiches in pan over low-med heat. When the undersides are golden brown, flip sandwiches, cook until color underneath matches top.

Layered Baked Ratatouille

INGREDIENTS

- 2 c (16 oz) crushed tomatoes
- 2 Tbsp tomato paste
- 1 small onion, minced
- 3 cloves garlic, minced
- 1 T thyme leaves (or 1 tsp dry)
- 1/2 tsp salt (more for sprinkling)
- 1/4 tsp pepper (more for sprinkling)
- 2 medium zucchini, thinly sliced
- 2 medium yellow squash, thinly sliced
- 2 small eggplant, thinly sliced
- 2 red bell peppers, cut into 1" squares
- Olive oil

Adapted from www.curiouscuisiniere.com

INSTRUCTIONS

1. Preheat oven to 375F. Spread 1 T olive oil in bottom of a 9 in cast iron skillet. In a small bowl, mix crushed tomatoes, paste, onion, garlic, thyme, salt & pepper. Pour mixture into skillet.
2. Layer the sliced vegetables vertically around the skillet, packing them as tight as you can. It is easiest to layer sliced veggies in the skillet, then go back in and tuck red peppers within layers after the other vegetables have been filled in.
3. Season top of vegetables with more salt, pepper, and thyme. Drizzle with more olive oil.
4. Place skillet in oven, bake for 45 mins or until bubbly, vegetables are softened and starting to brown slightly.