



Patty Pan Squash

What is it?

Patty pan squash is one of the unique varieties of summer squash that we grow here on the farm. Don't be alarmed if you find this cute little veggie in your box some day. It looks like a flying saucer or a spinning top. You will most likely see it mainly in green, yellow, or a combo of the two colors. However, they do come in white as well.



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, and slice off the stem and blossom ends. You can freeze pureed (seeded) or grated patty pan in Ziplock bags, for use in breads and muffins.



Usage Tips

Although all summer squashes can be used inter-changeably in your recipes, you will find that the smaller patty pans are best for use in recipes that call for cut up summer squash. The larger ones are best for stuffing.

A Vegetable E-booklet



RECIPES

Oven-Roasted Pattypan Squash

INGREDIENTS

1/2 pound pattypan summer squash, cut into 1-inch chunks
1 medium shallot, thinly sliced (you can substitute 1/4 cup chopped onion, garlic scapes, or scallion)
1 teaspoon chopped fresh thyme
1 tablespoon olive oil
Pinch sea salt

INSTRUCTIONS

1. Preheat the oven to 400 F.
2. Toss the squash, shallot, thyme, olive oil, and salt together in a bowl.
3. Spread the mixture out onto a sheet pan. Bake 15 to 25 minutes or until the squash is tender. Monitor it periodically by testing it with a fork.
4. Serve hot or at room temperature.

Adapted from www.thespruceeats.com

Veggie Stuffed Patty Pan Squash

INGREDIENTS

2 patty pan squash
1/2 cup black beans & 1 medium sweet potato
1/2 cup onion chopped
1/2 cup bell pepper chopped
1 1/2 cups kale chopped
2 tbsp feta cheese
fresh herbs basil, chives, cilantro

INSTRUCTIONS

1. Preheat oven to 350, bake patty pan squash for 20 minutes.
2. Meanwhile, add chopped onions and bell peppers to pan, saute until onions are soft and transparent, add in kale, cook until tender. add black beans and mashed sweet potato, cook until heated through.
3. Remove squash from oven and cut top off. Scoop out soft insides, chop and add to other cooked vegetables. Add mixed "stuffing" to hollow squashes, cook for another 10 minutes.
4. Once stuffed squash have cooked, remove from oven and add fresh herbs and feta cheese.

Adapted from www.lemonsandbasil.com