

12 Great Ways to Use...

Summer Squash

With a one-cup serving offering a mere 20 calories and more than 30% of the recommended daily value of vitamin C, summer squash makes a great healthy addition to any meal! Whether you grow it in your own garden or purchase it at the supermarket, summer squash is a versatile vegetable in the kitchen.

1. Steam ¼-inch zucchini rounds on the stovetop. Drizzle with extra-virgin olive oil and season with chopped fresh herbs like chives or dill.
2. Thread ½-inch pieces of squash onto skewers, drizzle with olive oil, and season with salt and pepper. Grill over direct heat until the squash is tender.
3. Make zucchini “noodles” using a mandolin or vegetable peeler to make zucchini ribbons. Steam the ribbons for about 2 minutes and top with your favorite sauce.
4. Slice a squash lengthwise and lay the halves on a baking sheet cut side up. Brush with olive oil and sprinkle with finely grated Parmesan cheese and pepper. Bake at 400°F for 12-15 minutes until the cheese is browned and the squash is tender.
5. Bake a zucchini bread or cake. Try the NH Zucchini Bread recipe from the Oldways website at oldwayspt.org/recipes/new-hampshire-zucchini-bread.
6. Slice a zucchini lengthwise and scoop out the seeds. Fill the hollow with rice pilaf or other whole-grain salad, then bake at 400°F for 12-15 minutes until the zucchini is tender and the grains are warmed through.
7. Include zucchini sticks on your next crudité platter.
8. Add finely diced zucchini to a frittata, omelet, or quiche.
9. Sauté a pound of zucchini rounds, a diced onion and garlic clove in olive oil. Add 2 cups of vegetable broth and bring to a simmer. Puree the soup, then season with salt, pepper, grated cheese, and fresh herbs like dill or tarragon. Serve hot or chill and garnish with a spoonful of Greek yogurt on a hot day.
10. Use shredded zucchini in place of potatoes to make vegetable pancakes.
11. Mix finely diced summer squash into your next chopped salad.
12. Make zucchini pizza by slicing a zucchini lengthwise. Slice the skin off the backs of each half so they sit flat on a baking sheet. Top with tomato sauce, cheese, and your favorite pizza toppings. Bake at 400°F until the cheese begins to brown.

