



Notes on Summer Squash

Summer squash comes in a variety of shapes and colors, such as, the golden color of yellow squash, the ivory shaped flower of white squash and the smaller pale green zucchini shaped couisa squash. Unlike its winter, relative summer squash can be eaten skin, rind and seeds. The delicate flavors of this squash make it easy to incorporate into recipes or eaten raw.

Simple Ideas for Summer Squash

- Make a fun summer time vegetable platter by slicing summer squash into sticks and placing them around dip.
- Grill chunks of summer squash to serve along side grilled meat.
- Sauté slices of summer squash in butter or olive oil and salt to taste.

Summer Squash Bake

Bertha Kleinschmidt, Country Gardens

- 2 Small onions, chopped
- 1 Summer Squash, cut into 1 inch chunks
- 2 tbsp Olive Oil
- 2 tsp Seasoned Salt (Lawry's)
- 1 tsp Soy Sauce
- Preheat oven to 350°. In a bowl mix onions, squash, oil, salt and soy sauce. Make a tinfoil pouch; pull the tinfoil off so it is twice the length of your pan. *We use a 9 X 13 sheet pan. Place tinfoil on pan. Pour mixture into tinfoil pouch, fold and crease the tinfoil to close. Bake for 1 hour or until squash is tender.

Stuffed Cousa Squash

Bertha Kleinschmidt, Country Gardens

- 5 Medium Cousa
- 1 lb Ground Beef
- ½ lb Pork Sausage
- ½ cup Rice, cooked
- 1 Small Onion, chopped
- 1 Egg
- 1 Large can Tomato Juice
- Salt and Pepper to taste
- Preheat oven to 350°. Cut squash in half and hallow out seed cavity set aside. Heat a pan to medium high. Cook the ground beef and pork sausage. Remove the meat from the heat and mix in rice, onion and egg, fill squash cavities; lay flat in large baking dish. Cover squash with tomato juice and bake until fork tender.

Summer Squash Lasagna

I like to use no boil noodles because they save me time and work just as well as regular noodles.

- 2 Eggs
- 1 15 oz container ricotta cheese
- 4 cups Mozzarella cheese, shredded
- ½ cups Parmesan, grated
- ½ cups Italian parsley, chopped
- 4 Summer squash, sliced thinly length wise
- 2 Jars of Spaghetti Sauce
- Lasagna noodles
- Preheat oven to 375°. Mix together eggs, ricotta cheese, 2 cups mozzarella, parsley and parmesan cheese. Spray a 13 X 9 X 3 pan with non-stick cooking spray. Pour a cup of sauce in the bottom of the pan. Lay four noodles on the bottom of the pan, spread on top ricotta mixture, top with summer squash, mozzarella, and a cup of sauce. Repeat three more times. Top the final layer with the remaining sauce and mozzarella. Bake for 50 to 60 minutes. Uncover the last 5 minutes. Let stand 15 minutes before serving.