

Summer Squash

Zucchini, Yellow Squash, and Patty Pan squash all fall under this category. They originate in the New World. Summer squash contains vitamin C as well as beta-carotene, folate, and fiber.



TIPS:

Short-term Storage: Dry in the refrigerator. They lose moisture quickly in the dry environment of the fridge, so you may need to put them in plastic if it's for more than a few days.

Long-term Storage: Blanch or cook and then freeze. Also will pickle well.

General Cooking Info: Summer Squash has a very light flavor and can take on new flavors readily. Young squash tends to be sweeter and require very little cooking. More mature squash is great fried, and roasted. Very mature squash is great for breads and cakes.

All the different types of summer squash can be used interchangeably. The pattypan types are suited well to stuffing when they get larger.

Yellow Squash



Pattypan Squash



<http://seriouslygood.kidweekz.com>

Marinated Zucchini and Summer Squash

2 tablespoons white wine vinegar
 2 tablespoons fresh lemon juice
 1 tablespoon minced garlic
 2 teaspoons chopped fresh thyme leaves
 Salt and freshly ground black pepper
 1/3 cup extra-virgin olive oil
 1 pound zucchini (about 3 large), trimmed and sliced diagonally about 1/4-inch thick
 1 pound yellow crookneck squash (about 3 large), trimmed and sliced diagonally about 1/4-inch thick

Whisk the vinegar, lemon juice, garlic, and thyme in a large bowl to blend. Season with salt and pepper. Gradually whisk in the oil. Spoon 3 tablespoons of the marinade into a small bowl. Cover and set aside. Add the zucchini and yellow squash to the remaining marinade in the large bowl and toss to coat. Transfer the mixture to a 13 by 9 by 2-inch glass baking dish. Cover and marinate at room temperature at least 3 hours or cover and refrigerate up to 1 day. Prepare the barbecue for medium-high heat. Grill the vegetables until they are crisp-tender and brown, turning occasionally, about 8 minutes. Transfer the vegetables to a platter. Drizzle with the reserved marinade and serve hot or at room temperature.

from Chef Giada De Laurentiis

Summer Squash Bread

3 eggs, beaten
 2 cups white sugar
 1 cup vegetable oil
 2 teaspoons vanilla extract
 3 cups all-purpose flour
 3 teaspoons baking powder
 2 teaspoons ground cinnamon
 2 teaspoons ground nutmeg
 2 cups shredded summer squash

Preheat oven to 325 degrees F (165 degrees C). Grease a 9x13 inch baking dish.

In a large bowl, use an electric mixer to beat the eggs until fluffy. Beat in the sugar, oil, and vanilla. Gradually mix in the flour, baking powder, cinnamon, and nutmeg. Fold in the squash. Transfer to the prepared baking dish.

Bake 45 minutes in the preheated oven, until a knife inserted in the center comes out clean.

Chicken and Summer Squash

4 skinless, boneless chicken breast halves
 1/2 teaspoon salt
 1/4 teaspoon ground black pepper
 1 tablespoon butter
 1 tablespoon vegetable oil
 3/4 pound yellow squash, sliced
 3/4 pound zucchinis, sliced

1 medium tomato - peeled, seeded and chopped

1. In a large nonstick skillet, melt butter in the oil over medium high heat. Season chicken with half of the salt and half of the pepper, and add it to skillet. Cook until lightly browned, about 2 minutes per side. Transfer to large plate or platter, and cover to keep warm.
 2. Pour off fat from skillet, and add squash, zucchini, and tomato. Season with remaining salt and pepper. Cook and stir over medium-high heat until squash is slightly softened, about 3 minutes. Reduce heat, and return chicken to skillet. Cover partially. Cook until squash is soft, and chicken is white throughout but still juicy, about 5 minutes longer.
 3. Transfer chicken to platter, and cover with foil to keep warm. Raise heat to high. Cook vegetable mixture, stirring often, until almost all of the liquid has evaporated, about 2 minutes. Arrange vegetables around chicken, and serve.

from Allrecipes.com