

Recipe: Baked summer squash

PREPARATION TIME

45
minutes



Baked summer squash

INGREDIENTS

2 pounds summer squash (such as zucchini, pattypan squash, yellow crookneck squash)
 1/3 cup bread crumbs
 1/2 teaspoon flaked salt
 1/4 teaspoon freshly ground pepper
 1/4 cup olive oil
 1/2 cup grated Parmesan cheese
 zest of 1 lemon
 crushed red pepper flakes

INSTRUCTIONS

Preheat the oven to 350°F. Remove the stem ends and slice the squash cross-wise in 1/4-inch-thick rounds. Toss with the olive oil.

In a small bowl, combine the bread crumbs, Parmesan, salt and pepper. Arrange the squash rounds in a 9-x12-inch rectangular baking dish, or 10-inch pie plate. Sprinkle the bread crumb mixture over.

Cover the baking dish with foil and bake in the oven for 30 minutes. Remove foil and bake another five minutes until the top is bubbling and crispy. Drizzle squash with remaining 2 tablespoons olive oil. Zest lemon over squash and cut lemon into wedges; squeeze lemon over squash. Season with sea salt, red pepper flakes, and black pepper; serve immediately.

COOKING TIME

15
minutes

SERVINGS

6
people

NUTRITIONAL INFORMATION (per serving)



11	g of total fat
4	g of total protein
2	g of dietary fiber
8	g of total carbs

Key words

squash, salt, parmesan chesse, summer

Cook it quickly and you have a toothsome side dish, perfect the next day as a cold salad. Cook it too long and the result is a soft casserole-like preparation to complement meat, or served as a vegetarian main dish. I served it with a bowl of pasta with kale pesto and it was the perfect quick weeknight meal.

