



Local Food Program

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Lemon Basil Summer Squash

Serves 6. Preparation Time: 20 minutes

Ingredients

- > 2 medium zucchini, washed
- > 2 medium yellow squash, washed
- > 2 tablespoon olive oil
- > 2 tablespoon lemon juice
- > 1/4 teaspoon black pepper
- > 2 cloves of garlic, minced
- > 1/2 cup fresh basil, chopped
- > 2 tablespoons chopped fresh oregano
- > 1/2 cup shredded parmesan cheese

Instructions

1. Using a vegetable peeler or a mandolin, peel zucchini and yellow squash into ribbons and place the ribbons in a large bowl.
2. In a small bowl, combine the oil, lemon juice, pepper, and garlic. Mix well.
3. Pour the oil mixture over the vegetables and stir until combined. Add the basil and oregano and toss to combine.
4. Top the mixture with the parmesan cheese and serve immediately.

Storing squash

- > Store unwashed squash in the refrigerator crisper, where they will keep for approximately one week.

| Nutrition Facts | Amount/serving | % DV | Amount/serving | % DV | Amount/serving | % DV |
|--------------------|------------------------|------------------------------|---------------------|-----------|----------------|------|
| | Total Fat 7g | 11% | Sodium 160mg | 7% | Vitamin A | 10% |
| Saturated Fat 2g | 10% | Total Carbohydrate 5g | 2% | Vitamin C | 25% | |
| Trans Fat 0g | | Dietary Fiber 2g | 8% | Calcium | 15% | |
| Amount per serving | Cholesterol 5mg | 2% | Sugars 3g | | Iron | 4% |
| Calories | | | Protein 5g | | | |
| 100 | | | | | | |



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