

Cleveland County Kitchen
August 2017
Food of the Month – Summer Squash
Recipe: Zucchini and Yellow Squash over Spaghetti
Chef: Roger Eaker



Serves: 6

Ingredients

- 1 box spaghetti or other pasta
- 2 Tablespoons olive oil
- 1 medium Vidalia onion, chopped
- 2 medium zucchini, cut in half and then cut into 1-inch pieces
- 2 yellow squash, cut in half and then cut into 1-inch pieces
- 1 Tablespoon roasted garlic
- 1 cup white wine
- Salt and freshly ground black pepper, to taste
- 1 tablespoon fresh herbs – basil, oregano, and thyme
- 1/2 cup grated Parmesan, optional

Instructions

1. Cook pasta according to package directions - in a large pot of boiling salted water until al dente.
2. In a 10 or 12 - inch nonstick skillet, heat olive oil over medium heat until hot.
3. Add chopped onion and cook until translucent.
4. Add 1-inch pieces of chopped zucchini and yellow squash; stir in with onions. Cover skillet and cook about 2-3 minutes.
5. Add in roasted garlic and wine. Leave uncovered and simmer to allow alcohol to evaporate.
6. Add in fresh herbs, cover and simmer about 10 minutes.
7. Serve pasta topped with simmered zucchini and squash mixture. Season with salt and pepper to taste, Top with freshly grated Parmesan cheese, if desired. Serve immediately.

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Food of the Month – Summer Squash
Recipe: Zucchini and Cucumber Ribbon Salad
Chef: Roger Eaker



Serves: 4

Ingredients

- 1 medium zucchini, sliced into thin ribbons
- 1 medium yellow squash, sliced into thin ribbons
- 1 medium cucumber, sliced into thin ribbons
- 2 cups chopped Romaine or arugula
- 1 cup cherry tomatoes, cut in half

Dressing

- 2 Tablespoons olive oil
- Juice of 1 lemon
- 1 teaspoon Dijon mustard
- Salt and black pepper, to taste
- Garnish with freshly grated Parmesan cheese, if desired

Instructions

1. Use a small jar or small bowl to mix salad dressing - shake or whisk together the olive oil, lemon juice, Dijon mustard, salt, and black pepper to emulsify. Set dressing aside.
2. Prepare salad greens - Romaine or arugula.
3. To prepare zucchini and yellow squash ribbons – rinse and dry zucchini and yellow squash. Trim off blossom end of zucchini and yellow squash; leave stem in place so you can hold vegetable; hold vegetable tilted with one end on cutting board. Use a vegetable peeler to slice thin, long, wide ribbons.
4. Repeat the same process with the cucumber.
5. Place romaine or arugula in salad bowl. Top with zucchini, squash, and cucumber ribbons and cherry tomatoes. Toss or stir well to evenly coat vegetables with vinaigrette.
6. Check for seasonings and adjust as needed.