

# SHADY GROVE FARM AND WELLNESS CENTER

## "WHERE GOOD THINGS GROW"

### Summer Squash Sauté

- 2 Lbs. summer squash and/or zucchini, cut into matchsticks
- 1 Tsp. kosher salt plus more
- ¼ Cup sliced almonds
- 2 Tbs. olive oil
- 2 Garlic cloves, sliced
- ¼ Tsp. crushed red pepper flakes
- ¼ Cup finely grated Parmesan
- Freshly ground black pepper

Serves 4

A mandoline with a julienne attachment or julienne peeler is the ideal tool for preparing match stick cut vegetables. Place matchstick cut squash in a colander set in the sink or over a large bowl and toss with 1 teaspoon salt. Let squash stand 10 minutes, then squeeze well to remove as much excess moisture as possible (do not rinse).

Meanwhile, toast almonds in a large dry skillet over medium heat, tossing occasionally, until lightly browned, about 3 minutes. Transfer to a plate; let cool.

Heat oil in same skillet over medium heat. Add garlic and red pepper flakes and cook, stirring often, until fragrant but not browned, about 2 minutes. Add squash and cook, tossing occasionally, until crisptender, about 5 minutes. Fold in Parmesan and season with salt and pepper. Fold in almonds.

*\*For the best texture, stop cooking before the squash goes limp.*