Summer Squash Recipes

Grilled Summer Squash Boats

No Cook Zucchini Noodles with Pesto

Zucchini Frittata with Chives

Tomato Eggplant Zucchini Bake with Garlic and Parmesan

**Grilled Summer Squash Boats**  
Modified from healthyseasonalrecipes.com

Ingredients  
 4 teaspoons extra-virgin olive oil, divided  
 1 green bell pepper, diced  
 ½ cup chopped onion  
 ½ teaspoon salt, divided, plus more to taste  
 ¼ teaspoon freshly ground pepper  
 1 cup quartered cherry tomatoes  
 ¼ cup chopped basil or cilantro  
 4 medium yellow summer squash  
 4 ounces shredded sharp cheddar

Instructions  
 Preheat grill for indirect heat on one side. For gas grill with two burners, use only one burner on high. For three burner grill use two on medium- high. For charcoal grill, when coals are ready rake them to one side.  
 While grill heats, heat two teaspoons oil in a medium skillet over medium-high heat. Add pepper, onion, ¼ teaspoon salt and pepper and cook, stirring often until the vegetables are softened and starting to brown, about 5 minutes. Remove the skillet from the heat and stir in tomatoes and basil or cilantro.  
 While the vegetables are cooking, prepare the squash. Cut squash in half lengthwise. Hollow them out slightly using a Parisian scoop, a teaspoon or apple corer. Brush the remaining 2 teaspoons oil over the squash. Sprinkle the remaining ½ teaspoon salt over the squash.  
 The grill should be about 350 degrees F. inside with the lid closed. Grill squash cut-side-down on the hot side of the grill until starting to soften and they have grill marks, 5 to 8 minutes. Flip them over onto the other side of the grill without heat under them, so they are cut-side up. Divide the filling among them. Top with the cheddar, dividing evenly. Cover the grill and let cook until the squash is completely tender and the cheese is melted, about 15 to 18 minutes. Season with more salt if desired.

**No-Cook Zucchini Noodles with Pesto**  
Modified from healthyseasonalrecipies.com  
  
Ingredients   
4 medium zucchini   
½ teaspoon salt   
1 tablespoon extra-virgin olive oil   
½ cup pesto   
1 large ripe heirloom tomato, chopped or 1 cup chopped cherry tomatoes   
freshly ground pepper to taste   
freshly grated parmesan to taste   
Kosher salt   
  
Instructions   
1. Cut zucchini into long strands with a spiralizer.   
2. Set noodles in a large colander. Sprinkle ½ teaspoon salt on top and toss to coat. Let sit 10 minutes.   
3. Rinse and drain well, gently squeezing out the excess moisture.   
4. Transfer the zucchini to a large bowl and drizzle with olive oil; toss to coat.   
5. Add pesto and toss to coat evenly.   
6. Divide zucchini among 4 pasta bowls. Top with a scattering of chopped tomato. Top with Parmesan, pepper and sea salt.

**Zucchini Frittata with Chives**From healthyseasonalrecipes.com

Ingredients  
4 teaspoons extra-virgin olive oil, divided  
1 pound zucchini (about 2 medium), shredded (makes about 4 cups)  
¼ teaspoon salt  
6 large eggs  
Freshly ground pepper  
Pinch nutmeg, preferably freshly grated  
½ cup chopped chives  
¾ cup shredded sharp cheddar cheese  
1 tablespoon water

Instructions  
 Heat 2 teaspoons oil in a large non-stick skillet over medium-high heat. Add zucchini and salt and cook, stirring occasionally until bright green, just starting to brown and the liquid has evaporated, 7 to 8 minutes. Transfer the zucchini to a plate.  
 Beat the eggs in a medium bowl with the pepper and nutmeg. Return the skillet to medium-low heat and add the remaining 2 teaspoons oil and swirl the pan to coat with oil. Gently pour in the eggs and let cook, gently scraping the egg with a silicone spatula. Fold the cooked part of the egg back and allow runny egg to flow onto the surface of the hot skillet just until the egg starts to set up into a solid mass, 1 to 2 minutes. [The egg will still be runny on top, but continuing to stir would cause it to break into pieces at this point.]   
 Spread the zucchini mixture over the eggs. Layer on chives and cheddar and continue cooking until the sides of the egg can be pulled back from the skillet with the spatula, 1 to 2 minutes. Lift an edge of the egg back and drizzle 1 tablespoon water between the egg and skillet, cover the skillet and cook until the egg is set up on top and the cheese is melted, 4 to 5 minutes.

**Tomato Eggplant Zucchini Bake with Garlic and Parmesan**  
From wellplated.com  
  
Ingredients:  
3 medium zucchini (about 1 1/2 pounds)  
1 small/medium eggplant (about 3/4 pound—see notes if your eggplant is large)  
1 pint cherry or grape tomatoes  
1 tablespoon extra-virgin olive oil  
4 large cloves garlic, minced  
1/4 teaspoon kosher salt  
1/4 teaspoon ground black pepper  
2/3 cup freshly grated Parmesan cheese, divided (about 2 1/2 ounces)  
1/4 cup chopped fresh basil, divided  
1/4 cup chopped fresh parsley, divided

Directions:  
 Preheat the oven to 350 degrees F. Lightly grease a deep 9×9-inch baking dish or similar 3 1/2-quart casserole dish with nonstick spray.  
 Quarter the zucchini then cut into 1/2-inch slices and place in a large mixing bowl (each piece of zucchini should be roughly 1/2 to 3/4 inches in size). Next, slice the eggplant into 1/4-inch rounds, then stack the rounds and cut into roughly 3/4-inch pieces. Add to the bowl with the zucchini. Halve the cherry tomatoes and add them to the bowl. Drizzle the cut vegetables with the olive oil, then add the garlic, salt, pepper, 1/3 cup of the Parmesan cheese, and half of the basil and parsley. Toss gently to combine.  
 Transfer the vegetables to the prepared baking dish. Bake for 25 minutes, cover the pan with aluminum foil, then continue baking for 10 to 20 additional minutes, until the vegetables are tender. Sprinkle with the remaining Parmesan cheese, basil, and parsley. Serve warm.