

Pantry News



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Summer Squash



Before preparing, wash squashes well; use a scrub brush if necessary. Cut off the stem and blossom ends. Summer squashes are quite watery, and when they're cooked can make your final dish soggy. So remove as much water as you can before cooking, either by salting or blanching.

If grating the squash, salting is recommended, but blanch whole squashes.

To salt: lightly salt and place in a colander; let stand for 30 minutes. Some people then squeeze the salted squash to remove even more water, which is a good idea if you're making fritters.

*One other important tip: **don't overcook!***

Baked squash casserole: Sauté 1 chopped medium onion in 3 Tablespoons butter until translucent, then mix in 3/4 cup bread crumbs. Blanch 2 medium unpeeled squashes in boiling water for 6 minutes; cool in cold water and then dry. Cut the squash into 1-inch chunks. In an oven-proof casserole dish, alternate the slices with the bread crumb/onion mixture, making two or three layers. Bake in a casserole dish in a 350-degree oven for 25-30 minutes until hot and bubbly.

Grated squash with tomato sauce: Grate 1 medium unpeeled summer squash on a box grater, salt the squash lightly and let stand 30 minutes. Toss with spaghetti sauce to taste. Cook in the microwave oven for 1 1/2 to 2 minutes at 100% power.

Squash fritters: Beat 2 eggs, then combine with 2 cups grated salted squash (unpeeled), 1/4 cup flour, 1 Tablespoon melted butter, salt and pepper to taste. Heat vegetable oil (enough to generously coat the bottom of a sauté pan, and then drop 3 to 4 Tablespoons portions of the squash mixture into the hot oil and fry until browned and crisped; turn and cook the other side. Drain on paper towels before serving. (Makes 6 to 8 medium fritters)

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Recipes provided by Jane Bollinger.

Buttery Summer Squash and Zucchini

Serves 2 to 3 as a side dish

- 1 Tablespoon unsalted butter
- 2 summer medium squashes (one yellow and one zucchini is nice, but two of any summer squash is fine)
- 1 teaspoon Kosher salt (if using regular table salt, use 1/2 teaspoon salt or less)

Quarter the squashes lengthwise and cut into 1/2-inch slices. (No need to blanch.)

In a small pot (about 8 inches across), melt the butter over medium heat. Add the squash and cook, stirring regularly for 8 to 10 minutes, until the insides are tender, but the outsides are still firm and crunchy. Mix in the salt, and cook for 1 minute more, stirring. Serve.

Today's summer squash comes from the Evan Morgan Farm in Dyberry Township.

See reverse side for more recipes.

WAYNE COUNTY FOOD PANTRY 570-253-4262



Eggplants, or aubergine, provides fiber and a range of nutrients including copper, manganese, B-6, and thiamine. In addition, eggplants are a source of phenolic compounds that act as antioxidants. Antioxidants help the body eliminate free radicals that can damage cells.



Tomato Eggplant Bake

Cheesy and delicious, this casserole features a crisp crumb topping. It's a good meatless entree for a summer-time meal.

Ingredients

- 1 medium eggplant (1 pound), peeled and cut into 1/2-inch slices
- Salt to taste
- 1 large tomato, sliced
- 1 medium onion, sliced
- 6 tablespoons butter, melted, divided
- 1/2 teaspoon dried basil
- 1/2 cup dry bread crumbs
- 4 slices mozzarella cheese, cut into thirds
- 2 tablespoons grated Parmesan cheese



Directions

- **1.** Place eggplant slices in a colander over a plate; sprinkle with salt and toss. Let stand 30 minutes. Rinse and drain well.
- **2.** Preheat oven to 450°. Layer eggplant, tomato and onion in a lightly greased 13x9-in. baking dish. Drizzle with 4 tablespoons butter; sprinkle with basil. Cover and bake 20 minutes.
- **3.** Toss bread crumbs and remaining butter. Arrange mozzarella cheese over vegetables; sprinkle with crumb mixture and Parmesan cheese. Bake, uncovered, for 10 minutes or until cheese is bubbly.

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