

Summer Squash

- Wash, trim and cut into ½ inch slices, dice or shred.
- Grill with garlic and oil, stuff with grains or herbs, spiralize into a pasta substitute, or shred into fritters.
- Eat soon (1 week)

Store loosely wrapped in plastic in the fridge.

To freeze: wash & slice, steam or blanch 2-3 min, then puree. Store in airtight container.

