



I asked, and you replied!

After being gifted a “mess of squash” and searching for your favorite ways to prepare this favorite summer vegetable, I was amazed at the yummy recipes that came in.

My attempt is to gather them all into one place so you can print them out and enjoy them yourself!

I take no credit for these recipes, and they are placed here in the order that you sent them to me, and I am just trusting your know-how that the ingredients and quantities are correct because I haven’t had time to try them all...YET!

Pan Fried Squash:

Ingredients:

- Yellow Summer squash, washed
- Soda crackers
- Egg
- Coconut oil
- Salt

1. Cut squash into 1/4" rounds.
2. Put soda crackers in zip lock bag & crush with a rolling pin, pour out onto a plate.
3. Beat egg well.
4. Heat enough coconut oil* in frying to cover

bottom of pan well.

5. Dip squash rounds on egg, then place on soda cracker crumbs to coat.
6. Place coated squash in frying pan in single layer & not crowded, lightly salt if desired, cook about 1 to 1-1/2 minutes each side until browned.
7. Place on paper towel lined plate.
8. ENJOY...yum.

Note: *The squash browns quickly in coconut oil which is good because it doesn't get over-cooked. I tried olive oil and it took longer to brown and crisp.

Submitted by Camille Foote

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I’ve cooked this a few times, including using some frozen squash. (Thaw first.)
Celine

Beef and Squash Casserole

- 4 cups cooked yellow crooked neck squash (cut up squash first)
- 1 pound lean ground beef
- 1/2 cup chopped onion
- 1 tbsp. butter or margarine
- 2 cups cooked rice
- 1 tsp salt
- 1 (11-1/2 ounce) can cream-of-mushroom soup
- 1/2 cup breadcrumbs

Drain the cooked squash. Brown the ground beef and onion in butter and add to cooked rice. Season with salt. Place half of the squash into a 2 or 2-1/2 quart baking dish. Cover squash with beef mixture. Add a second layer of squash. Cover with mushroom soup and sprinkle with breadcrumbs. Bake at 350 degrees for 35 to 40 minutes. Yield: 8 servings.

This is great for using up a bumper crop of summer squash.

Source: Southern Living Casseroles Cookbook, 1974

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My MIL grew up on a farm and was an amazing cook. She sliced the squash into 1/2 inch circles and sautéed them in butter along with a sliced onion until soft. (I use Smart Balance) . Add a little salt. Easy, tastes great, and makes your house smell like you're a good cook!!

Debbie

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Sandy Richardson, Logan, Iowa

Yellow Squash Casserole

3 cups yellow squash, cooked, about 5 minutes & drained

Add: while hot, ¾ cup butter

Beat 2 eggs & stir into squash

Combine: 1 cup shredded cheddar

1 cup cracker crumbs, ½ t. celery salt, 1 t. salt, ¼ t. pepper. Add to squash

Add 1 cup milk, ¾ cup chopped onion.

Pour into a greased casserole dish, Top with cheese and bake 1 hour at 350 degrees

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My favorite way to eat squash is on the grill. We have it several times a week.

Cut squash lengthwise in about 1/4" strips (maybe a little thicker). Rub both sides with olive oil. Put some minced garlic on each slice, a LITTLE bit of dried oregano, a little sea salt and cook 2 minutes per side on the grill. After the first turn, top each piece with a little Parmesan cheese.

(Do not peel the squash). This is good for zucchini too, but I prefer the squash. We will do both, most times, because the colors look good together.

Enjoy your squash.

Karen Brouillet
O'Fallon, MO

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Squash Recipe:

Yellow Squash, sliced

Zucchini, sliced, if you have any

Onions, I like Garden/Green onions, use the tops too

Tomatoes, Cherry or Roma work best, but any will do

Sauté Yellow Squash, Zucchini and Garden Onions in Olive Oil, seasoned with Sea Salt and Pepper. Add Tomatoes toward the end, so they don't over-cook.

Serve & Enjoy

Mary Porath

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This is a staple for me. Cube equal amounts of yellow squash and zucchini. Dice onion (any color but sweet yellow is best I think), celery, and red bell pepper. Seasoned (see below) with McCormick's garlic and herb seasoning (which has no salt). This is the base. Quantities? Depends on how many people you are feeding. A large batch consists of three of each squash type with an entire bunch of heart celery, one medium onion, and one red bell pepper, with leftovers.

I steam the vegetables separately in the microwave and then combine. Steam celery seasoned with the garlic and herb until tender. This one takes the longest. Then steam the onion, being careful not to cook too long. A little crunch is nice. Ditto the red bell pepper. No seasoning with these. Set aside.

Mix squash and zucchini together and steam with the garlic and herb seasoning. Cook to the doneness you like. Again, I like it not cooked to mush.

Combine everything. Ready to eat. Refrigerate leftovers. You will probably have to drain condensation away so it isn't too wet before or after you refrigerate. Use however you

like. From there I season as I eat it. Ideas: Italian dressing (Kraft Creamy Italian is my favorite, as is Kraft Mustard and Vidalia) but just about anything is good. As vegetables warm, in salad cold, etc. Keeps about a week in the refrigerator.

Other ideas I use: mix with a protein and a complex carbohydrate. Examples: cooked salmon and brown rice or quinoa, crumbled meat loaf and brown rice or quinoa, add dressing or seasoning to taste. Use in salad. Add other vegetables like peas or corn to change it up. Mix in cherry or grape tomatoes. Pairing with sweet potato is a favorite. Salsa is another good seasoning and you can think of possibilities using that. Oriental is an idea I haven't explored yet. Since I use this when trying to maintain my weight, cheese and bacon additions are not good candidates for me.

Prepared this way the only calories to worry about are the dressing calories. If you go light on that, you can eat as much as you like.

Donna Fisher

The following is how my Mama cooked squash & it's so good, I could eat the whole skillet full! Lol

Slice squash crosswise & slice an onion too. Fill black iron skillet with water & put both in & boil down till very tender. Leave some of water in squash, mash like you would potatoes. Add butter to your liking, salt & pepper & cook water down. Add milk & cook till texture of creamed corn. Mama put a little sugar in to taste. Enjoy!!!

Sandra Cubbins in Mississippi

Have a great day!!!

Sandra Cubbins

Our favorite way to eat this is to slice in perhaps 1/2 inch and slow sauté in butter with a dab of cheese on each slice till squash is

soft. American, cheddar whatever is on hand and you like. My kid's favorite when they were growing up!

Elaine Taylor

Yellow Squash Casserole

3 cups grated yellow squash
1/2 cup oil (I use canola)
1 cup Bisquick
4 eggs, beaten
1/2 cup grated cheese (I usually use sharp cheddar)
1/2 cup chopped onion
Basil, Oregano & Parsley, to taste
I also add white pepper and garlic salt, to taste

Mix the ingredients together and bake in a greased pan or casserole dish for 45 minutes at 350 degrees.

You can also add in a meat to make it a main dish.

Joyce Marlane

YELLOW SQUASH CASSEROLE RECIPE

INGREDIENTS:

2 pounds of yellow squash (about 4 cups)
1/2 large onion, chopped
1 sleeve of Ritz Crackers (about 35 crackers)
1 cup cheddar cheese
2 eggs
3/4 cups milk
1/2 cup butter, melted
Salt and pepper, to taste

DIRECTIONS:

Preheat oven to 400 degrees F.
Lightly steam squash and onion in steamer basket* for about 5 minutes. Drain and set aside.

In medium bowl, combine cracker crumbs and cheese.

In large bowl, add drained squash and onion and gently fold in 1/2 the cracker/cheese mixture.

In a small bowl, whisk together egg and milk, then add to squash mixture.

Melt 1/2 cup of butter. Add half the melted butter to the squash mixture. Season with salt and pepper.

Spread squash mixture into 9 x 13" baking dish. Top with remaining crackers and pour remaining butter over dish.

Bake at 400 degrees F for 25 minutes until lightly brown.

Earlene Lamb

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We slice yellow squash length wise about 3/8 to 1/2 inch thick. In a large bowl mix equal parts olive oil and balsamic vinegar.

Place squash in bowl and coat with mixture. Place on preheated grill and cook turning once until it done to your liking. This is a favorite at our house!

Donna Goodman

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Zucchini Squash Pie

4 cups sliced zucchini (or any squash)
1 cup chopped onion
1/2 cup or less, margarine
1/2 chopped fresh parsley
1/2 tsp salt
1/2 tsp pepper 1/4 tsp each, basil, oregano or 1 tsp fresh.
2 eggs, beaten
8 oz grated cheddar, mozzarella, Swiss, or mixed
1 pkg. crescent rolls
2 tsps honey mustard
Parmesan cheese

Heat oven to 375 degrees. Grease 9 x 12 pan
Sauté zucchini and onions in margarine. Approx. 10 mins.
Stir in parsley and seasonings
Mix beaten eggs and cheese, stir in vegetables
Line pan with crescent dough, smoothing over gaps
Spread mustard over dough
Pour vegetable mix over dough
Sprinkle with parmesan
Bake approx. 30 mins. Until brown and bubbly

Jane Bull

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Squash Fritters

- 2 cups of raw Squash, grated
 - 1 cup Onion, finely chopped
 - 2 Eggs
 - 6 Tablespoons of Flour
 - 2 Tablespoons Butter
 - 2 teaspoons Sugar
 - 1/2 teaspoon Salt
 - 1/2 teaspoon Black Pepper
 - Pinch of Baking Powder
 - Cooking oil for frying.
1. Wash squash and pat dry with a paper towel, cut off both ends.
 2. Peel and chop one small onion, enough to equal 1 cup.
 3. Grate squash with a box grater, enough to equal 2 cups.
 4. Break two eggs into a medium sized mixing bowl, whisk with a fork.
 5. Add grated squash, onion, salt, sugar, pepper, baking powder, and flour.

6. Heat a skillet to medium heat, add 2 Tablespoons vegetable oil and the butter, let butter melt.
7. Drop the squash mixture by spoon into hot skillet, cook about 3-5 minutes on both sides until brown.
8. Remove to a paper towel lined plate and let drain.
9. Serve warm and enjoy!

Janet Bland

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And the recipe I made first:



Squash Casserole!

- 4 cups sliced yellow squash
- 1/2 cup chopped onion
- 35 buttery round crackers, crushed
(I used townhouse crackers)
- 1 cup shredded Cheddar cheese
- 2 eggs, beaten
- 3/4 cup milk
- 1/4 cup butter, melted

- 1 teaspoon salt
- Ground black pepper to taste
- 2 tablespoons butter

Preheat oven to 400 degrees.

Place squash and onion in a large skillet, adding just enough water to cover. Bring to a boil and simmer for 5 minutes or until squash is tender. Drain well.

In a medium bowl, mix together cracker crumbs and cheese. Stir half of the cracker mixture into the cooked squash and onions. In a small bowl, mix together eggs and milk, then add to squash mixture. Stir in 1/4 cup melted butter, and season with salt and pepper. Spread into a 9x13 inch baking dish. Sprinkle with remaining cracker mixture, and dot with 2 tablespoons butter.

Bake in preheated oven for 25 minutes, or until lightly browned.

There is STILL squash to be baked, fried, grilled, sautéed, and served up to my family.

Can someone please tell me when the end of Squash Season is?

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