

Summer Squash and Parmesan Gratin

- 2 medium (slender) zucchini or squash
- a handful of sweet grape tomatoes
- 3 Tbsp. extra virgin olive oil
- 3 cloves of garlic, minced fine
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp fresh thyme leaves, chopped
- 1/4 cup Italian bread crumbs
- 1/3 cup freshly grated Parmesan

Wash and thinly slice the squash. Arrange the zucchini as you desire in a baking dish. Combine well the oil, salt, pepper, garlic, and thyme in a small bowl. Pour this "dressing" over the zucchini and work it down a little in between the slices. Chop the tomatoes and distribute evenly over the zucchini. In another bowl, mix the cheese and breadcrumbs for the topping. Spread over the gratin. Bake uncovered at 450 degrees F for around 10 minutes, then cover and turn down to 350 degrees for another 25 minutes. If you can.... let it sit for about 10 minutes before serving.

Sautéed Summer Squash

- Tbsp. olive oil
- 2-3 clove garlic - minced
- 1 white onion
- small zucchini
- small yellow squash
- 1/4 c grated parmesan cheese
- Salt & pepper to taste.

Heat olive oil in 10" sauté pan. Add garlic and cook for a couple seconds, add onions, zucchini and yellow squash. Cook until onions are soft and squash is browned. Take off the heat and toss in Parmesan cheese. Sprinkle with salt and pepper to taste.

Crustless Quiche with Summer Squash

- 1 and 1/2 cups sliced yellow squash
- 1 and 1/2 cups sliced zucchini
- 1 large orange/red bell pepper, chopped
- 2 cloves roasted garlic, chopped
- 1 Tablespoon thyme
- 3 large eggs
- 3 large egg whites
- 3/4 cup milk
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2/3 cup shredded cheese
- 2 Tablespoons grated parmesan cheese

Heat a large skillet over medium-high heat. Spray with nonstick spray and add sliced squash and zucchini, chopped pepper, roasted garlic, and thyme. A little pinch of salt and pepper, too. (The rest of the salt and pepper called for in the recipe goes into the egg mixture, so just use a pinch here). Stirring frequently, cook for 6-7 minutes or until veggies are tender. Spoon into a bowl and allow to cool as you prepare the egg mixture.

Preheat oven to 350F degrees. Spray a 9-inch pie pan or square pan with nonstick spray. Set aside.

In a large bowl, whisk the eggs, egg whites, milk, salt, and pepper together until thoroughly combined. Arrange veggies into the prepared pan. Top with shredded cheese, then pour the egg mixture on top. Sprinkle with grated parmesan cheese.

Bake for 45 minutes or until filling is set and no longer jiggles. Cool for 10 minutes on a wire rack before slicing and serving.

Roasted Garlic Parmesan Zucchini, Squash and Tomatoes

- 2 small zucchini (1 lb.), cut into 1/2-inch thick slices
- 2 small yellow squash (1 lb.), cut into 1/2-inch thick slices
- 14 oz. small tomatoes, sliced into halves
- 3 Tbsp. olive oil
- 4 cloves garlic, minced (1 1/2 Tbsp.)
- 1 1/4 tsp Italian seasoning
- Salt and freshly ground black pepper
- 1 cup (2.4 oz.) finely shredded Parmesan cheese
- Fresh or dried parsley, for garnish (optional)

Preheat oven to 400 degrees. Line an 18 by 13-inch rimmed baking sheet with a sheet of parchment paper or aluminum foil.

In a small bowl whisk together olive oil, garlic and Italian seasoning (if possible let rest 5 - 10 minutes to allow flavors to infuse into oil). Place zucchini, squash and tomatoes in a large mixing bowl. Pour olive oil mixture over top and gently toss with hands to evenly coat. Pour onto prepared baking dish and spread into an even layer. Season with salt and pepper. Sprinkle Parmesan over the top of each. Roast in preheated oven 25 - 30 minutes until veggies are tender and Parmesan is golden brown. Garnish with parsley if desired and serve warm.

Baked Cheesy Zucchini Bites

- 1 1/2 cups packed shredded zucchini (no need to peel)
- 1 large egg, lightly beaten
- 1/4 - 1/2 cup shredded sharp cheddar cheese
- 1/4 cup panko or regular bread crumbs
- 1/4 teaspoon dried basil (or 1-2 teaspoons fresh)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

- Preheat the oven to 425 degrees F. Line a rimmed baking sheet with parchment paper.
- Place the shredded zucchini in a clean kitchen towel and wring out all the excess water over the sink until the zucchini is really dry.
- Place the zucchini and remaining ingredients in a medium bowl and mix until combined.
- Drop the mixture by tablespoonful on the prepared baking sheet and lightly press the mounds with your hands to flatten slightly.
- Bake for 16-20 minutes until the edges are golden.

Lasagna Zucchini Boats

- 4 medium zucchini (2 1/2 lbs.), sliced into halves through the length
- 1 cup (8.6 oz.) part-skim ricotta cheese
- 1 large egg
- 1 1/2 Tbsp. chopped fresh parsley, plus more for garnish
- 1 1/4 cups (5 oz.) shredded mozzarella cheese
- 1/2 cup (2 oz.) finely shredded parmesan cheese
- 8 oz. ground beef or lean ground turkey
- 4 tsp olive oil, divided
- Salt and freshly ground black pepper
- 1 3/4 cup roasted garlic marinara sauce
- 1 Tbsp. chopped fresh basil, plus more for garnish

Preheat oven to 400 degrees. Using a spoon, scoop centers from zucchini while leaving a 1/4-inch rim to create boats. Set aside.

In a mixing bowl stir together ricotta cheese, egg and 1 1/2 Tbsp. of the parsley. Season lightly with salt and pepper. Stir in 1/2 cup of the mozzarella cheese and the parmesan cheese. Set aside.

Heat 2 tsp of the olive oil in a large non-stick skillet over medium-high heat. Crumble beef into pan, season with salt and pepper and cook, stirring occasionally and breaking up beef when stirring, until browned (there shouldn't be any excess fat but if you happened to use a fattier beef then just drain excess rendered fat). Stir in marinara sauce and 1 Tbsp. of the basil, remove from heat.

To assemble boats, brush both sides of zucchini lightly with remaining 2 tsp olive oil and place in two baking pans (I used a 13 by 9 and a 9 by 9). Divide cheese mixture among zucchini spooning about 2 1/2 Tbsp. into each, then spread cheese mixture into an even layer. Divide sauce among zucchini adding a few heaping spoonful to each. Cover baking dishes with foil and place in oven side by side and bake in preheated oven 30 minutes. Remove from oven, sprinkle tops with remaining 3/4 cup mozzarella, return to oven and bake until cheese has melted and zucchini is tender, about 5 minutes. Sprinkle tops with fresh basil and parsley and serve warm.