

Summer Squash FROM GARDEN TO TABLE

Whole ingredients
Simple solutions



ON THE BBQ

cut lengthwise, lightly coat in olive oil, place on the top grill on medium temperature, slow roast til soft

OVEN ROASTED

cut into chunks, drizzle lightly with olive oil in a bowl season, with salt and pepper. roast at 350C for 20 min or until brown, and a sprinkle of parmesan cheese to finish

ADD TO SOUPS AND STEWS

grate summer squash with a box grater, add to a tomato pasta sauce, vegetable soup or stew. The tender squash will cook quickly and fall apart in the recipe taking on the other flavours of the dish



SERVICES FOR YOUNG MOTHERS