

Yellow squash, lemon and rice soup

Ingredients:

- 2 pounds yellow squash diced small
- 1 cup diced yellow onion
- 3 tablespoons olive oil
- 1 teaspoon turmeric
- Zest and juice of 1 lemon
- 4 cups vegetable stock or chicken stock
- 1 cup basmati rice
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large pot over medium heat
2. Add diced squash and onion and sauté for a few minutes until onion is translucent
3. Add turmeric, zest and lemon juice
4. Add vegetable or chicken broth – add rice and simmer for 10 minutes
5. Season with salt and pepper

Inspired by Nigella Lawson's Happiness soup



Zucchini Carpaccio



Ingredients

1 medium zucchini¹
2 tablespoons fresh green herbs², chopped
1 ½ tablespoons olive oil
Zest & juice of half a lemon OR 1 tablespoon of your favorite vinegar
1 tablespoon shaved or crumbled salty cheese³
2 tablespoons chopped or sliced, toasted nuts⁴
Salt & pepper to taste

- 1 - Yellow squash can also be used but can be a little trickier to shave because of the shape.
- 2 - Any combination of basil, parsley, mint, dill, tarragon or chives
- 3 - Manchego, Parmesan, pecorino, feta or goat cheese are great choices
- 4 - Pistachios, walnuts, almonds, hazelnuts, pine nuts, pecans

Instructions

- Using a vegetable peeler, shave zucchini into ribbons or coins (or a combination of both).
- Toss the zucchini slices with ¼ teaspoon of salt and put in a colander to drain (if you are trying to cut back on salt, you can also skip this step)
- Put the zucchini in a large bowl and toss with herbs, olive oil, lemon juice OR vinegar
- Arrange in a bowl or on a platter and sprinkle with cheese and nuts
- Finish with salt and pepper, if desired.

Favorite flavor combinations:

- Feta, mint, parsley, pistachio & red wine vinegar
- Parmesan, basil, pine nut, lemon
- Manchego, parsley, almonds, sherry vinegar

Original Recipe by Kip Hardy, MS, RDN

Zucchini (or Summer Squash) Butter

This recipe takes a relatively watery vegetable with a mild flavor and distills and intensifies it into a deeply flavored caramelized spread that can be used as a dip or a condiment spread on sandwiches or other savory baked goods.

Ingredients

2 pounds zucchini or any combination of thin-skinned summer squash
¼ cup olive oil
¼ cup minced onions, shallots, green onions, garlic or a combination
Salt & pepper to taste

Instructions

- Shred zucchini or squash with a box grater or food processor
- Heat oil in a large pan over medium heat
- Add zucchini or squash and whatever onion or garlic you're using and toss to coat in the oil
- Cook stirring frequently until the water has evaporated and the squash is a deep golden color and a creamy spreadable consistency – this should take about 15-20 minutes
- If it gets too dark too fast you can add a splash of water to deglaze the pan and scrape up any bits that are stuck to the pan and stir them back into the mixture

Original recipe adapted from [Emily Han for The Kitchn](#) by Kip Hardy MS, RD and Chef Mike Bacha