



Slow Cooked Summer Squash

(ADAPTED FROM CLAIRE SAFFITZ, BON APPETITE – “HEALTHYISH”)

Yield: Makes 4-6 servings

Ingredients

- 1 lb summer squash or zucchini, sliced cross-wise (small circles), ¼” thick
- ½ head of garlic
zest of 1 lemon
- 1 tbsp fresh lemon juice
- 2 sprigs fresh thyme
- ¾ tsp salt

Instructions

Place a rack in middle of oven and preheat to 350°. Toss summer squash, garlic, lemon zest, thyme, oil and salt in a shallow 2-qt. baking dish to combine pepper. Stir until the garlic becomes fragrant, about 30 seconds.

Turn garlic cut side down, then roast vegetables, tossing 2 or 3 times, until golden brown, very tender, and edges and cut sides are crisp, 1 hour and 40 minutes to 1 hour and 50 minutes. Let cool slightly, then add lemon juice and toss to coat.

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Description

Slow roasting the summer squash/zucchini in this dish allows for delicate and sweet flavors to come out. The lemon and thyme beautifully complement the sweetness of the summer squash. Simple and yet sophisticated!



Farmers Market Finds

- Fresh Thyme
- Garlic
- Summer Squash and/or Zucchini



Grocery Store Grabs

- Olive Oil
- Fresh Lemon
- Salt

Substitutes

Could use fresh rosemary or parsley in place of fresh thyme.

Pairs with

This recipe is tangy from the citrus and has light herbal notes from the thyme. It would pair best with lighter protein options, such as a whitefish, poultry or white beans. It would also pair well with roasted or mashed sweet potatoes or a colorful bowtie pasta salad.