

SQUASH RECIPES

SUMMER SQUASH STOVETOP CASSEROLE

Ingredients:

4 large (or 6 small) yellow squash, sliced in thin rounds
1 large Vidalia or other sweet onion (or yellow or white onion), chopped
20-30 vegan ritz-like crackers, crushed (we use Sprouts Golden Round Crackers)
1 ¼ cup shredded vegan mozzarella (we used Daiya mozzarella)
1 tsp dry thyme
½ c white wine
Salt & pepper to taste (optional – we used neither)

Directions:

Steam the squash in either a microwave or stove top steamer for about 6 minutes until soft, but with a bit of crunch remaining.

Heat pan to medium heat on stove top. Once pan is hot where water drops dance a bit, add the onions and cook until translucent. Add the squash and stir. Then add the crushed crackers, Daiya (or other vegan cheese), thyme, and wine. Stir well to coat the squash and distribute ingredients evenly. Salt and pepper to taste, if you are using either. You may now serve, or let it sit a bit until the rest of dinner is ready! This is really simple, and really yummy!

CALABACITAS DE FLOR

Adapted from Flor's Sauced Zucchini, A Taste of Mexico by Kippy Nigh p. 138

Ingredients:

1 medium onion, chopped
6 medium zucchinis, chopped
1 lb. frozen corn kernels
3 medium tomatoes, chopped
4 t ground cumin
½ t salt
1 package Daiya Pepper Jack cheese or Daiya brand Cheddar shreds if you prefer (we do)
2 C water

Directions:

Sauté the onion in ½ C water over medium-high heat. When translucent add zucchini, corn and tomatoes, cook for about 3 minutes, add the cumin, cover and lower the heat to low. After 15 minutes add the salt and cheese and cook an additional 3 minutes. Serve with corn tortillas or corn chips.