



Recipes

Vegetables

Summer Squash

Prep Time: 15 minutes

Yield: 4 servings

Ingredients:

- 2 large zucchini, cut into ½-inch rounds
- 2 large yellow squash, cut into ½-inch rounds
- 2 tablespoons flaxseed oil
- 1 large heirloom tomato, diced
- 1 tablespoon minced fresh thyme
- 2 tablespoons minced fresh parsley
- 2 tablespoons roasted hazelnuts

Directions:

1. Fill a 2-quart saucepan with 1 quart of water. Insert steamer and bring water to a boil.
2. Add zucchini and yellow squash and cover. Steam ten minutes and stir once.
3. Drain squash and place in a medium bowl. Add oil and mix well. Toss with tomatoes and sprinkle with thyme, parsley, and hazelnuts.
4. Enjoy!!