

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- August, 2015 -

SUMMER SQUASH

SUMMER SQUASH, EGG AND CHEESE BAKE

- 2 c. Summer squash cut into 1/2-inch cubes**
- 1 TBL olive oil**
- 1 TBL butter**
- 1/2 cup Onions, chopped**
- 1 clove garlic, minced**
- 2 eggs**
- 3/4 cup Cheddar or Swiss cheese grated**
- 1/4 cup Feta cheese, crumbled**
- 2 TBL parsley, chopped**
- 2 TBL basil, chopped**
- 1 medium sized tomato, chopped**

Recipe by Robin Forte

Preheat oven to 350. Heat oil and butter in a large skillet over medium heat. Sautee onions until golden. Add the garlic and cook 30 seconds until fragrant. Add the summer squash cubes, cook 3-4 minutes, stirring often. Cool slightly.

In another bowl combine the eggs, cheeses and herbs. Add the diced tomato, and a pinch of salt and pepper. Add the cooled summer squash, onion and garlic mixture to the egg mixture. Pour into a buttered baking dish and cook in a preheated 350 degree oven until set, about 25-30 minutes, or until a knife inserted in the center comes out clean.



For more information visit

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