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 zucchini\(^1\)
2 tablespoons fresh green herbs\(^2\), 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 cheese\(^3\)
2 tablespoons chopped or sliced, toasted nuts\(^4\)
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