



Roasted Summer Squash



FACTS: The summer squash originates from Mexico and Central America. Scientists have found summer squash seeds preserved in Mexican caves that are over 10,000 years old. Summer squash is a versatile vegetable that can be grilled, boiled, sauteed, steamed, or used in a stir-fry. It is an excellent source of manganese, copper, folate, magnesium, potassium, and fiber

SERVINGS: 4 TOTAL TIME: 25 MIN DIFFICULTY LEVEL: ★☆☆☆☆

Ingredients

- 1 pound summer squash or zucchini, about 2 medium
- 1 tablespoon olive oil
- 2 tablespoons parmesan cheese grated
- 1 tablespoon bread crumbs
- 1 teaspoon lemon pepper seasoning
- ½ teaspoon paprika
- ½ teaspoon salt



Directions

- 1.Preheat oven to 400°F.
- 2.If you do not have store-bought breadcrumbs, you can make them. Toast a piece of bread, then place in a sealed bag and crush with a rolling pin until the pieces are small.
- 3.Cut squash or zucchini into ½" slices. For more tender squash, cut the slices thicker. Gently toss with olive oil.
- 4.In a small bowl, add parmesan cheese, lemon pepper seasoning, salt, pepper, and paprika. Gently mix together and toss with squash until it is evenly coated.
- 5.Move the squash to a baking pan and roast 12-14 minutes or until squash is tender. Broil 1-2 minutes or until crumbs are lightly browned.



Calabaza de verano asada



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PARA: 4

TIEMPO TOTAL: 25 MIN

DIFICULTAD ★☆☆☆☆

Ingredients

- 1 libra calabaza de verano calabacín, como 2 medios
- 1 cucharada aceite de oliva
- 2 cucharadas queso parmesano rallado
- 1 cucharada pan rallado
- 1 cucharadita de condimento de pimienta de limón
- ½ cucharadita de pimentón
- ½ cucharadita sal



Elaboración

- 1.Pre-calentado a 400°F.
- 2.Si no tiene pan rallado del supermercado, puede hacerlos. Brinda una pieza de pan y lo coloca en una bolsa sellada y triturar con un rodillo hasta que las piezas sean pequeñas.
- 3.Corte la calabaza o el calabacín en rodajas de ½". Para una calabaza más tierna, corte las rodajas más gruesas. Mezcle suavemente con aceite de oliva.
- 4.En un tazón pequeño, agrega queso parmesano, condimento de pimienta de limón, sal, pimienta y pimentón. Mezcle suavemente juntos con la calabaza hasta que está recubierto uniformemente.
- 5.Mueva la calabaza a una bandeja para hornear y cocina durante 12 a 14 minutos o hasta que la calabaza esté tierna. Ase a la parrilla durante 1 a 2 minutos o hasta que las migas estén ligeramente doradas.