



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

Summer Squash with Lemon

Servings

4 servings

Ingredients

- 3 medium summer squashes
- 2 teaspoons minced fresh chives
- 2 tablespoons olive oil
- 1 lemon
- 1 to 2 tablespoons chopped tarragon or chervil
- salt and pepper to taste
- 1oz grated parmigiana cheese



Directions

1. Thinly slice squash lengthwise
2. Lay squash on a large platter and drizzle olive oil over the squash
3. Lightly sprinkle some chives over the squash
4. Cut your lemon in half and squeeze the juice over the squash
5. With the remaining half of the lemon, grate about ¼ teaspoon of zest on the squash
6. Lightly sprinkle your tarragon/chervil on the dish
7. Season with salt and pepper to taste

Nutrient content per serving

- Calories- 131cals
- Carbs- 11g
- Protein- 3.5g
- Fat- 9g
- Sodium- 65mg
- Fiber- 0g

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