



Warm Summer Squash Salad

Ingredients

- 3 lbs. assorted zucchini
- 1/4 cup sliced natural almonds
- 1 tablespoon olive oil
- 2/3 cup Parmesan cheese, shaved
- salt and pepper to taste

Makes 10 1/2-cup servings

Directions

1. Cut the ends off of zucchini and julienne using a Japanese mandolin or grater.
2. Warm oil in sauté pan with almonds. When almonds are light brown, add squash and remove from heat.
3. Toss the squash with almonds and oil, seasoning with salt and pepper.
4. Place on serving dish. Top with cheese and serve.

Recipe by
Brandon Miller
Executive Chef, il Grillo



Nutrition Facts

Serving Size: 4 oz. (148g)	
Servings: 1	
Amount Per Serving	
Calories 90	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 160mg	7%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 4g	
Vitamin A 6%	Vitamin C 40%
Calcium 10%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.
INGREDIENTS: ZUCCHINI W/SKIN, PARMESAN CHEESE, OLIVE OIL, ALMOND S, SAL T, PEPPER.
Allergen Alert!



Ensalada de calabaza para el verano

Ingredientes

- 3 lbs. de calabaza surtidas
- 1/4 taza de almendras naturales rebanados
- 1 aceite de olivo
- 2/3 taza queso parmesano
- sal y pimienta al gusto

Hace 10 de porciones de 1/2 taza

Indicaciones

1. Corte las orillas de las calabazas, corte estilo julienne usando una mandolín Japonés o un rallador.
2. Caliente el aceite en un sartén junto con las almendras. Cuando las almendras este marrón claro agregue la calabaza y remueva de la estufa.
3. Mescle la calabaza con almendras y aceite agregándole las especias y la sal y pimienta.
4. Después colóquelo en un plato. Espolvoree con queso y sirva.

Receta creada por el
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