

# Sautéed Summer Squash with Parsley and Garlic

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We wanted to develop an easy-to-prepare side dish using summer squash and zucchini. We wanted a method for preparing the squash that didn't involve the usual salting, shredding, and draining but still allowed the squash to cook quickly to produce a crisp-tender texture and bright appearance and flavor.



## WHY THIS RECIPE WORKS

By peeling the squash with a vegetable peeler, you create thin, even strips of squash that will cook quickly and require little knife work. Cooking the squash in a single batch over moderately high heat allows the ribbons to become crisp-tender without browning, which masks their fresh flavor and appearance. Pairing the ribbons with herbs and lemon or vinegar gives the dish brightness without weighing it down.

## INGREDIENTS

- 1 small garlic clove, minced
- 1 teaspoon grated lemon zest plus 1 tablespoon juice

## INSTRUCTIONS

*Be sure to start checking for doneness at the lower end of the cooking time.*

## SERVES 4

1. Combine garlic and lemon juice in large bowl and set aside for at least 10 minutes. Using vegetable peeler, shave each squash lengthwise into ribbons.

4 yellow squashes  
and/or zucchini (8  
ounces each),  
trimmed

7 teaspoons **extra-  
virgin olive oil**

Salt and pepper

1 tablespoons  
½ chopped fresh  
parsley

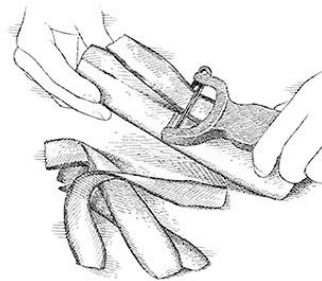
Peel off 3 ribbons from 1 side, then turn squash 90 degrees and peel off 3 more ribbons. Continue to turn and peel ribbons until you reach seeds. Discard core.

2. Whisk 2 tablespoons oil, 1/4 teaspoon salt, 1/8 teaspoon pepper, and lemon zest into garlic mixture.

3. Heat remaining 1 teaspoon oil in 12-inch nonstick skillet over medium-high heat until just smoking. Add squash and cook, tossing occasionally with tongs, until squash has softened and is translucent, 3 to 4 minutes. Transfer squash to bowl with dressing, add 1 tablespoon parsley, and toss to coat. Season with salt and pepper to taste. Transfer to serving platter and sprinkle with remaining 1 1/2 teaspoons parsley. Serve immediately.

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*Technique: Making Squash Ribbons*



Holding squash at slight angle, peel from the top downward. Rotate squash every few strokes, stopping when

you reach the  
seedy core. A  
stack of four  
ribbons should  
be only  $\frac{1}{4}$  inch  
thick.