Squash Ribbon Saute

Fresh vegetables are transformed when sliced in ribbons and blended with a fragrant and robust pesto. Complement this dish with herb-seasoned brown rice, warm sourdough bread, and fresh fruit pie.

Pesto: Double this for generous servings of pesto
1 tsp. olive oil (optional)
1 clove minced garlic
3/4 cup parsley, coarsely chopped
1/2 cup walnuts
1/2 tsp. salt
4 tsp. fresh lemon juice
water to achieve desired consistency

Vegetables:
1-2 med. zucchini, thinly sliced lengthwise with a vegetable peeler
1-2 med. yellow crookneck squash, thinly sliced lengthwise
3/4 cup cooked black beans
1 cup chopped fresh tomatoes
1 cup fresh corn kernels

Time-saving tip: Before you begin, measure and set out on your counter all of the ingredients for both pesto and vegetables.

In a blender or food processor combine all pesto ingredients and process until smooth. Stop the blender to push down the contents as necessary, and add water to achieve a thick, creamy consistency.

In a large, nonstick skillet place a little water in skillet. Add squash ribbons, beans, tomatoes, corn, and 1 tablespoon of pesto. Cover and cook, stirring often, for 4 minutes. Uncover and continue cooking until squash is barely tender, about 6 minutes.

Transfer mixture to a large bowl, garnish with springs of parsley and generous dollops of pesto on top. Serves 2-3.

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