

Summer Squash Sauté

BY THE BON APPÉTIT TEST KITCHEN BON APPÉTIT JUNE 2013

Yield/Makes 4 servings

Ingredients

2 pounds summer squash and/or zucchini, cut into matchsticks

1 teaspoon kosher salt plus more

1/4 cup sliced almonds

2 tablespoons olive oil

2 garlic cloves, sliced

1/4 teaspoon crushed red pepper flakes

1/4 cup finely grated Parmesan

Freshly ground black pepper

Preparation

Place squash in a colander set in the sink or over a large bowl and toss with 1 teaspoon salt. Let squash stand 10 minutes, then squeeze well to remove as much excess moisture as possible (do not rinse).

Meanwhile, toast almonds in a large dry skillet over medium heat, tossing occasionally, until lightly browned, about 3 minutes. Transfer to a plate; let cool.

Heat oil in same skillet over medium heat. Add garlic and red pepper flakes and cook, stirring often, until fragrant but not browned, about 2 minutes. Add squash and cook, tossing occasionally, until crisptender, about 5 minutes. Fold in Parmesan and season with salt and pepper. Fold in almonds.

1 Dish, 4 Ways

Switch up this squash sauté with different flavor combinations:

Chile + Lime: Cook 1 chopped jalapeño along with garlic and red pepper flakes. Omit almonds and cheese and finish squash with lime juice and toasted pepitas.

Carrot + Miso: Shred 1 large carrot and cook with the squash. Whisk 1 tablespoon white miso and 1 tablespoon rice vinegar; stir in miso mixture at the end instead of cheese.

Cumin + Coriander: Add 1/2 teaspoon each of ground cumin and ground coriander while sautéing the garlic and red pepper flakes. Serve with a dollop of plain Greek yogurt.