



today's main ingredient

A  LOCAL FOOD PODCAST



Grilled Summer Squash

A combination of green zucchini and yellow squash, or also adding eggplant or peppers, makes for a colorful and interesting presentation.

INGREDIENTS – serves 4, or 6 as a side dish

~2 pounds (four 8-inch long) zucchini and/or summer squash
3 Tablespoons extra virgin olive oil
2 cloves garlic, minced
1 teaspoon dried oregano
1 teaspoon dried mint
1/2 teaspoon crushed red pepper
Salt and freshly ground black pepper

Set up your grill for direct heat and set to high. If using a vegetable grate, preheat it as well. Just before the squash goes on, toss some wood chips on the coals (if using a charcoal grill) or place in the smoker box or smoker pouch of your gas grill.

STEP 1 – Cut the squash lengthwise into 1/4-inch slices. Arrange the slices on a baking sheet and drizzle with 2 tablespoons olive oil, turning the slices several times to coat both sides with oil. Sprinkle both sides with the garlic, oregano, mint, crushed red pepper, and lots of salt and pepper. Let marinate for 15 minutes.

STEP 2 – Arrange the slices on the grate and grill until nicely browned on both sides, 4 to 6 minutes per side. Resist moving or turning too soon, so that you get nice grill markings.

STEP 3 – Transfer the squash to a platter and arrange in an attractive pattern. Drizzle the remaining tablespoon of olive oil over the squash and garnish with lemon wedges for squeezing. Serve at once.