

## Pickled Zephyr Squash



*Zephyr squash is a hybrid variety of summer squash easily recognized by its two-tone coloring. This squash is sweeter and nuttier than traditional squash, with a tender, crisp texture!*

### Ingredients

- 1-2 zephyr squash, cut into ¼ inch slices
- 2 teaspoons salt, divided
- ⅓ cup onion, thinly sliced (Vidalia or red onion)
- 1 cup vinegar, apple or white
- ¼ cup honey
- ¼-½ teaspoon red pepper flakes

### Instructions

1. Place squash on a plate or baking sheet in a single layer.
2. Sprinkle with 1 teaspoon salt.
3. Let stand for 30 minutes.
4. Rinse well under cold water then pat dry with paper towels.
5. Place squash and onion in a bowl or jar.
6. Combine water, vinegar, honey, and red pepper flakes with remaining 1 teaspoon salt in a small pot.
7. Bring to a boil and pour over squash.
8. Cover and refrigerate at least 2 hours or overnight.

*Adapted from [lemonythyme.com](http://lemonythyme.com)*

## Beet and Tomato Soup



*Check out this perfect summer time soup that can be served hot or cold!*

### Ingredients

- 2 Tablespoons oil
- 1 onion, chopped
- 1 clove garlic, chopped or ¼ teaspoon garlic powder
- ½ teaspoon salt
- 2-3 beets, washed, peeled and cubed
- 3-4 carrots, washed, peeled and sliced
- 1 28-ounce can diced tomatoes
- 4 cups low-sodium vegetable broth
- ½ teaspoon black pepper
- Juice of 1 lemon

### Instructions

1. Heat oil in a large pot over medium heat.
2. Add the onion, garlic, and salt and cook for 5 minutes.
3. Add the beets, carrots, tomatoes, and broth.
4. Bring to a boil, then reduce heat to low.
5. Cover and cook for 1 hour.
6. Let cool, and blend soup in batches until smooth.
7. Stir in lemon juice and chill in the refrigerator if desired.
8. Soup can be served cold or hot.

*Adapted from [extension.umd.edu](http://extension.umd.edu)*

## Bok Choy Noodle Bowl



### Ingredients

- 8 ounces of spaghetti or angel hair pasta. If you have a pack of ramen that would work well too!
- 2-3 stalks of bok choy, thinly sliced
- 1 cup carrots, shredded or ribboned
- 1 cup squash, shredded or ribboned
- ¼ cup oil
- 3 Tablespoons low-sodium soy sauce
- 2 Tablespoons vinegar, white or rice
- 1 Tablespoon honey
- 1 teaspoon of garlic or ginger, minced or powder

### Instructions

1. Bring a pot of water to a boil and cook pasta according to package directions.
2. For the final minute of the pasta cooking place the thinly sliced bok choy in the boiling water.
3. When done, drain and rinse under cold water.
4. Stir the oil, low-sodium soy sauce, vinegar, honey, and garlic together in a small bowl.
5. Put all ingredients in a large bowl and mix well.
6. Serve and enjoy!

### Tip/Notes

- This dish would pair well with chicken or shrimp served on top!

*From FoodShare-SC Culinary Medicine Teaching Kitchen*

## Bok Choy Beet Salad



### Ingredients

- 2 small-medium beets
- 3-4 bok choy stalks
- 1-2 tangerines, cut into segments
- ½ teaspoon crushed red pepper
- ¼ teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon honey
- 1 teaspoon lime or lemon juice
- 1 teaspoon oil
- ¼ cup chopped cilantro, optional

### Instructions

1. Bring about two cups of water to a boil in a pot.
2. Add the whole beets and cover and simmer for 20-25 minutes, until they are soft and fork tender.
3. Remove from the pot and allow to cool.
4. Once cool, peel the beets and chop into ¼ inch cubes. Set aside.
5. Remove the green tops from the bok choy and chop and set aside.
6. Chop the green stalks of the bok choy and place in a microwave safe bowl. Microwave on high for 1 minute.
7. Remove from the microwave and add the chopped green tops and microwave on high for 30 seconds.
8. Set aside to slightly cool.
9. Peel and cut the tangerines into segments.
10. Place all the prepared ingredients and seasonings into a bowl and mix well.
11. Top with cilantro if using, serve and enjoy!

*Adapted from theculinaryheart.com*

Our beets this week are from



Summers Wellness Farms - Branchville, SC

Our squash this week are from



Livingston Farms - Woodford, SC