



HUDSON FARMS FRUIT STAND

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Roasted Summer Squash with Red Onions

- 1 pound of zucchini squash
- 1 pound of crookneck squash
- 1 sweet red onion
- 1-2 Tablespoons of good Extra Virgin Olive Oil (EVOO)
- 1 heaping Tablespoon of chopped garlic
- 1-2 Tablespoon of "Season-all" or Lawry's Seasoned Salt
- 1-2 teaspoon of pepper
- ¼-cup grated parmesan cheese

Pre-heat oven to 350-degrees.

Wash and cut up squash in 1-to1½-inch thick chunks. Cut up red onion in fairly good sized chunks, too. Place in large bowl. Coat with the EVOO to your liking, and add garlic and spices. Toss well to coat squash. Place in baking dish. Sprinkle grated parmesan cheese over squash. Cover with foil and bake for 35-40 minutes, depending on how "cooked" you like your squash. If you want to brown it a little, take the foil off for last 5-7 minutes.

You can add as much squash as you like to serve as many as you want. Likewise, you can use less oil if you are watching calories. Don't be afraid to experiment by adding other summer veggies that lend themselves to roasting, tender young carrots, bell peppers, or tender green beans.