

Crock Pot Pattypan Squash Salad



While this vegetable might look like a flying saucer, pattypan squash is a wonderful seasonal favorite!

Summer is almost here which means it is officially BBQ season! I love starting side dishes in my crock pot and then finishing them with fresh veggies and herbs. So for this past weekend's festivities, I picked up some pattypan squash at my local farmer's market. I think they are so cute and fun to eat! I also like them better than regular yellow squash because in a pattypan, the seeds are much smaller. The shape of the vegetable sort of resembles a flying saucer or a spin-top toy.

If you get really small pattypan squash, you can just cook them whole, which is a beautiful presentation. But I bought bigger ones, so I went ahead and cut them up into bite-sized cubes. The prep for this dish was so minimal, I had it done in about a minute.

You can use this vegetable in a number of different ways. It holds its texture well when steamed or stir-fried. I cooked it in the crock pot while I ran some errands and then let it cool completely before mixing it into my salad.

Happy summer BBQs!



Try this side dish at your next summer BBQ!

Crock Pot Pattypan Squash Salad

Serves 10-12 sides dishes

8 Pattypan squash, three-inches in diameter each

2 T. butter

2 green onions, diced

1/3 c. banana pepper rings (hot or mild)

1 8 oz. jar of marinated artichoke hearts (DO NOT DRAIN!)

1 c. sliced carrots

1/2 c. shredded guyere cheese

Cut squash into bite size pieces and put in crock pot, add 2 T. butter distributed across vegetables and cook on low for two hours. Let cool, then mix with remaining ingredients and chill for 2-4 hours. The marinade from the artichoke hearts serves as your dressing.

Crock Pot Summer Vegetable Puree



As much as winter is the time for soups and stews, I really like summer soups too. This one isn't too hearty since it's a puree and I think it tastes really light when it is served warm, not hot. I've had to become really creative with vegetables this summer— with so much amazing local produce, I

tend to over buy!

I like to base this recipe on carrots, because the orange color of the puree is so inviting, but feel free to experiment with whatever is in your basket. Just remember to include a starch (potato, sweet potato, kohlrabi, etc.) to help thicken the dish and something sweet (apple, beet, melon, peach) to

make this unique for summer. Herbs are totally up to your discretion, too. I like fresh basil, but if you have rosemary or thyme or some oregano, those would be great as well.

Whatever you do, you are making a crock pot of wonderful by using fresh vegetables and your imagination. This should be served in a bowl, but it's perfect when it's thicker than soup, but thinner than mashed potatoes. PS- it's also a GREAT puree for baby food, but you can make it for your whole family to eat. Enjoy!

4 c. fresh carrots

2 stalks celery, chopped

2 yellow squash, cut into chunks

1 medium sweet onion, chopped

2 medium potatoes, cut into chunks

1 medium apple, cut off of core

2-3 cloves garlic, chopped

1 t. salt

1/2 t. black pepper

6-8 leaves fresh basil

2-3 c. vegetable broth

Put all vegetables and herbs into the crock pot, pour broth on top. Cook on high for 6 hours. Using immersion blender, puree in pot. (If you don't have one, then let dish cool and puree in batches in a standard blender.) Serve with a dollop of sour cream or greek yogurt on top and a sprinkle of fresh herbs.

Crock Pot Ratatouille

In the Pixar movie by this name, the character Linguini says "Ratatouille. It's like a stew, right? Why do they call it that? If you're gonna name a food, you should give it a name that sounds delicious. Ratatouille doesn't sound delicious. It sounds like "rat" and "patootie." Rat-patootie, which does not sound delicious. " But with Remy's help, Linguini learned to cook, to enjoy it and to share great delicious dishes to others.

In our house, this movie is a favorite because it also teaches lots of great lessons. For example: we shouldn't judge others based on their families or where they came from, you should pursue your interests with passion and dedication, you shouldn't steal from others, in order to have great success we all need to work together and there will always be people to criticize, but even more people we can make happy.

This recipe is easy to make, maybe even for a movie night with your friends or family. Enjoy and remember "anyone can cook!"

1 medium eggplant, peeled and cubed
2-3 zucchini, sliced $\frac{1}{2}$ inch thick
2-3 yellow squash, sliced $\frac{1}{2}$ inch thick
1 medium onion, sliced into strips
2 cans diced tomatoes, NOT drained
2-3 cloves chopped garlic
Salt and pepper
Parmesan cheese

Sauté onion and garlic in a little bit of olive oil, just until onion is soft. Put eggplant, zucchini and squash in crockpot. Add onion and garlic on top, then both cans of diced

tomatoes. Add salt and pepper to your liking. Cook on high for 3-4 hours.

Serve on top of egg noodles. Top with a bit of fresh parmesan cheese. Enjoy!