

# Grilled Summer Squash



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

Scan for interactive recipe

**Serves:** 4

**Prep:** 10 minutes | **Cook:** 20 minutes

## INGREDIENTS

- 4 medium summer squash
- 2 tablespoons olive or canola oil
- 2 cloves garlic, minced\*
- Salt and pepper, to taste

## DIRECTIONS

1. Preheat grill to medium heat.
2. Remove squash ends. Cut into 1/2 inch slices lengthwise.
3. Heat olive oil in small pan. Add garlic and cook until garlic begins to sizzle and become fragrant. Brush squash with garlic oil and season with salt and pepper.
4. Grill squash for 5-10 minutes per side, or until they reach the desired tenderness. Brush with additional oil if needed to prevent sticking or burning.
5. Serve hot with a sprinkle of fresh herbs or cheese if desired.

### \*Substitutions

2 cloves of garlic → 1/4 teaspoon garlic powder

### Notes:

- Don't have a grill? Make this recipe in a large skillet or griddle on the stovetop.
- If using garlic powder, there is no need to heat oil on the stovetop. Simply add garlic powder into oil.



### Nutrition Information

*Serving Size: 1/4 of recipe (3/4 cup)*

<b>Calories</b>	<b>136</b>
<b>Total fat</b>	<b>12 g</b>
Saturated Fat	2 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>399 mg</b>
<b>Carbohydrates</b>	<b>7 g</b>
Fiber	2 g
Sugars	6 g
<b>Protein</b>	<b>2 g</b>

Recipe source: Sarah Stephan  
via All Recipes