

Cooking times for summer squash

Cooking method	Type	Time
Sautéing	Slices or chunks	3-6 minutes
	Chayote squash	6-8 minutes
Baking	Whole, sliced or halved	30-35 minutes in 350°F oven
Boiling	Whole squash	10 to 15 minutes
	Half squash	5 minutes
Microwaving	Slices	4 to 7 minutes
Steaming	Whole	10-12 minutes
	Halves or slices	3-5 minutes
	Chayote halves	35-40 minutes
	Chayote slices	18-22 minutes
Stir-frying	Slices or chunks	4-5 minutes

Crookneck Squash with Corn and Green Chiles

- 5 - 6 small, tender, crookneck squash, sliced**
- 1 medium onion, coarsely chopped**
- 1 small can diced green chilies**
- 2 cups fresh or frozen corn**
- 1 Tablespoon canola oil**

Combine all ingredients in a large skillet. Stir and cook over medium heat until vegetables are tender. Season with salt and pepper to taste.

Sautéed Squash with Thyme and Feta

- 2 tablespoons extra-virgin olive oil
- ½ red onion, diced
- 2 teaspoons fresh thyme leaves (or 1/2 tsp dried)
- 2 cups diced squash, any combination
- Salt and freshly ground black pepper (optional)
- ¼ cup crumbled feta cheese

1. In a large sauté pan, sauté the olive oil, red onion, and thyme until the onion is soft (about 1 minute).
2. Add the squash and season with salt and pepper (optional).
3. Cook for about 4 to 5 minutes until the squash is tender and slightly browned. Scoop the squash into a serving bowl and crumble feta on top. Serve immediately.

Chayote Squash with Garlic and Herbs

- 2 T olive oil
- 2 large chayote squash, peeled, halved lengthwise, pitted, thinly sliced
- 2 T chopped fresh parsley, divided
- 3 garlic cloves, chopped
- 2 green onions, thinly sliced

To get the pit out of the squash, cut the squash in half and dig it out with a spoon or melon baller. It's easy!

Put olive oil in a skillet over medium-high heat. Add chayote, 1 T parsley, and garlic. Sauté until chayote is crisp-tender. Stir in green onions. Transfer to bowl; sprinkle with 1 T parsley.



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