

Grilled Summer Squash

Prep Time: 5 min

Cook Time: 6 min

Servings: 4



With tender skin the color of sunshine, a mildly-sweet and nutty flavor, edible flowers and rich levels of vitamins C and B12, summer squash adds a colorful splash to your plate. Grilling elevates the mildly-sweet and nutty flavor of summer squash by caramelizing the natural sugars and adding a lovely smoky char. Grilled Summer Squash will add panache and variety to your diet.

Ingredients

- 2 medium summer squash
- 2 Tbsp olive oil
- salt & pepper
- 1 Tbsp parsley, chopped

Steps

1. Preheat grill on medium-high heat.
2. Wash summer squash and pat dry.
3. Slice the summer squash, top to bottom, into 4-6 planks. Each plank will be about 1/2 inch thick.
4. Brush with olive oil and season with salt & pepper.
5. Place directly on the hot grates and grill 2-3 minutes per side, until charred and tender.
6. Remove from the grill, drizzle with olive oil and garnish with chopped parsley.