



Summer Squash Time

Summer time means Summer Squash time in just about any vegetable gardener's mind. For the abundant summer squash friends have been sharing and those that grow in our garden, I created this potluck recipe that serves 16 to 20. Top it with a package of Vegetarian Chicken Style Gravy Mix and some fresh basil sliced in thin strips called "chiffonade."

Because allergy challenges many of my family, friends, and clients, this recipe is dairy and gluten-free. It's easy to make so have fun!

Summer Squash Loaf with Basil

Crookneck Squash, large dice	8 cups
Onion, medium dice	3 cups
Olive Oil	2 Tbls
Firm Tofu	20 ounces
Pine Nut Sour Creme	1 ½ cups
Salt	1 Tbls
Dried Basil	½ cup
Flax Seeds, ground fine	1/3 cup

1. Cut off skin and scoop out seeds if squash is longer than 9 inches or "mature".
2. Process squash in processor until the size of peanuts. Pour into a large bowl.
3. Saute diced onion in oil on medium high heat until soft and clear. Add to squash.
4. Break tofu into chunks and process in processor until large crumb size. Add to squash mixture.
5. Make one recipe of Pine Nut sour Creme and add to loaf.
6. Stir in basil, salt, and ground flax seeds.
7. Scoop into a large rectangular casserole dish and smooth out.
8. Bake at 350 degrees for 1 hour.
9. Garnish with fresh chiffonade basil.

Recipe By: Sharon S. Christensen, CEC