



SCALLOPINI SQUASH

- ♣ Also called Pattypan squash, sunburst squash, cibleme in Cajun French, white squash, scallopini or button squash
- ♣ Pattypan comes in yellow, green, and white varieties. The squash is most tender when relatively immature; it is generally served when it is no more than two to three inches in diameter.
- ♣ Of the species cucurbita pepo
- ♣ Pattypan squash originates from the region between Mexico and Guatemala
- ♣ Persons with underlying kidney or gallbladder health conditions should consider avoiding this food
- ♣ Reduce the risk of colon cancer, dietary cholesterol, atherosclerosis, blood pressure, heart attack, and stroke
- ♣ USES AND TIPS
- ♣ Summer squash has a mild flavor;
 - Try cooking with dried herbs such as basil or rosemary, or spices like cinnamon or nutmeg to add flavor.
 - Summer squash is delicious

- eaten raw or cooked.
- Grate summer squash with a cheese grater and use in breads, muffins, salads, coleslaw, or sauces.
- Sliced or chopped summer squash can be added to soups, casseroles, and stuffing.

NUTRITION FACTS Serving size: ••• cup (57g) sliced summer squash

Amount Per Serving

Calories 10 Calories from Fat
0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 1%

2g

Dietary Fiber 1g **2%**

Sugars 1g

Protein 1g

Vitamin A 2%

Vitamin C 15%

Calcium 0%

Iron 2%

*Percent Daily Values are based on a 2,000-calorie diet.

Roasted Patty Pan Squash and Herbed Chickpeas

- 140 grams (3/4 cup) dried **chickpeas**, soaked in cold water for 12 hours and rinsed - 750 grams (1 2/3 pounds) baby **patty pan squash**, about six 8-cm (3-inch) specimens - **olive oil** - **salt** - a dozen stems **chives** - 1 small handful fresh **cilantro** - 8 leaves fresh **mint** - 4 **anchovies** packed in oil, drained (substitute 1 tablespoon rinsed capers if you prefer) - a good pinch **cayenne pepper** - one strip **lemon peel** from an organic lemon - 2 teaspoons **verjuice** or **lemon juice** - freshly ground **black pepper**

Serves 2 as a main dish, 4 as a side.

Place the soaked and rinsed chickpeas in a saucepan, add cold water to cover by about 2-3 cm (1 inch), and bring to a simmer over high heat. Lower the heat to medium and simmer for 45 to 60 minutes, until the chickpeas are tender but not mushy. As the chickpeas cook, add a little more water if the level runs low, and skim any foam or impurities that may rise to the surface. Let cool to room temperature in the cooking liquid, then drain.

(The chickpeas may be cooked up to a day ahead. Once at room temperature, cover and transfer to the fridge, still in the cooking liquid. Alternatively, you can use canned chickpeas, drained, rinsed, and drained again; you'll need about 2 cups.)

Preheat the oven to 200°C (400°F). Cut off the stem and root ends of the patty pan squashes,

and cut each of them into 8 sections. Place the sections in a baking dish large enough to accommodate them in a single layer, drizzle with olive oil, sprinkle with salt, and toss to coat. Roast for 30 minutes, until cooked through and browned in places. Let cool.

While the patty pan squash is roasting, combine the herbs, anchovies, cayenne pepper, lemon peel, verjuice, black pepper, and a drizzle of olive oil in the bowl of a mini-chopper, and pulse until more or less smooth. (Alternatively, you can chop the herbs and anchovies finely by hand, and combine the dressing in the salad bowl.)

Toss the cooled and drained chickpeas with the herb dressing in a salad bowl, and let rest in the refrigerator. When the patty pan squash is cooled, arrange the segments on each plate, and top with the dressed chickpeas. (You can also toss everything together in the salad bowl, but the sections of patty pan may get a bit squooshed then; it doesn't matter from a gustatory perspective, but it will be a bit less presentable.)



Patty Pan Lasagna

Ingredients:

1 large Scallop (Patty Pan) Squash, sliced in 1/4 inch pieces
Salt to taste
8 ounce jar Spaghetti Sauce
8 ounces 2% Fat Cottage Cheese
1/2 cup Shredded Mozzarella Cheese
1/2 cup Shredded Parmesan Cheese

Steps:

Lightly salt patty pan squash slices to reduce water in squash and let sit for at least 1 hour.
Preheat oven to 250 degrees.
Drain squash.
Lightly spray 1 1/2 quart square baking dish with cooking spray.
Please 1/3 of sliced squash in baking dish.
Pour or spoon 1/3 of spaghetti sauce on top of squash.
Top with 1/3 cottage, mozzarella & parmesan cheeses.
Repeat the squash, sauce, and cheese layers 2 more times, ending with cheeses.
Bake at 350 degrees for 1 hour.



Works cited:

<http://www.livestrong.com/article/43951-pattypan-squash-nutrition-information/>