



## Fresh Summer Squash Salad

This no-cook recipe is perfect for using produce from your garden.

Source: Morgan Kelly, Montana Dietetic Intern

### Servings

6

### Ingredients

5 small zucchinis, *rinsed, thinly sliced into half-moons, can use any type or a variety of summer squash*  
7 radishes, *rinsed, thinly sliced crosswise*  
3 carrots, *rinsed, thinly sliced crosswise*

1 1/2 tsp garlic, *chopped*  
3 Tbsp lemon juice  
3 tsp Dijon mustard  
1 1/2 Tbsp honey  
1 1/2 Tbsp apple cider vinegar  
Salt and pepper to taste



### Preparation

1. **W**ash and prepare all vegetables.
2. **I**n salad bowl, mix garlic, lemon juice, mustard, honey, vinegar, salt, and pepper.
3. **T**oss in chopped vegetables; stir until all vegetables are coated in dressing.
4. **A**llow to rest in refrigerator for at least 30 minutes, serve.

### Did You Know?

Summer squash are members of the Cucurbitaceae (Cucurbit) family, which includes melons, pumpkins, cucumbers, and gourds.

## Dig Deeper

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Yellow Crookneck Squash

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Harvest  
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