

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*

Preparation

1. Wash and prepare all vegetables.
2. In salad bowl, mix garlic, lemon juice, mustard, honey, vinegar, salt, and pepper.
3. Toss in chopped vegetables; stir until all vegetables are coated in dressing.
4. Allow to rest in refrigerator for at least 30 minutes, serve.



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

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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mtharvestofthemoth.org

