



Michigan Restaurant & Lodging Association
EDUCATIONAL FOUNDATION

MRLAEF

Ingredients

4 (Depending on size) Yellow Summer Squash
4 (Depending on size) Zucchini
1 Small onion Julienned.
2 Cloves of Garlic Minced
2 tablespoons Fresh Basil
2 tablespoons Fresh Thyme
2 tablespoons Fresh Oregano
2 tablespoons Fresh marjoram
2 Tablespoons Olive Oil
3 Tablespoons White Wine or Broth of your choosing

Directions

Using a vegetable peeler or mandolin, slice long, wide ribbons of zucchini & squash. Heat a medium pot of water to blanch the vegetables. Separately blanch zucchini and squash for 1 minute each. Drain completely and let cool.

While your vegetables cool place your sliced onion, garlic, and herbs in the bottom of a ceramic ramekin. Add 1 tablespoon of White wine, or broth. Preheat your grill or oven to 350 F. On a dry kitchen towel lay flat zucchini or squash ribbons. Line your ceramic ramekin with your ribbons of squash and zucchini alternating to create a rosette. Drizzle with olive oil and bake until brown, about 12 – 15 minutes.

Nutritional Information

Servings 6

Calories per serving	98
Total Fat	5.4g
Saturated Fat	0.9g
Cholesterol	0mg
Sodium	17mg
Total Carbohydrates	11.g
Dietary Fiber	3.9g
Protein	3.1gm