

SUMMER EATING

May 2016

As the summer months creep in, Florida greens and lettuces become less available—the heat makes conditions too harsh for them to grow. However, there are still many healthy alternatives grown right here in Florida. Summer squashes like spaghetti squash—one of my favorites—will be plentiful. And don't forget about our eggplants, peppers, and zucchini, each of which grows in abundance during the hot and sunny months. These ingredients provide a great opportunity to prepare and enjoy some healthy meals without spending too much time in the kitchen. One of my favorites:

Spaghetti Squash with Fresh Tomatoes and Basil

2 ea. Spaghetti Squash
4 Tbsp. Olive Oil
Salt and Pepper
1 Pint Grape or Cherry Tomatoes, halved
1 tsp. red pepper flakes
½ cup basil, chiffonade

Pre-heat oven to 350 degrees. Cut squash in half lengthwise and remove seeds. Sprinkle squash with 2 Tbsp. olive oil and season with salt and pepper. On a lined sheet pan place squash flesh side down. Bake until soft or about 20 minutes. Remove and let cool for 5 to 10 minutes. With a fork, scrape out squash into a bowl. In a non-stick pan, heat olive oil over medium heat. Add tomatoes and season with salt and pepper. Cook tomatoes for 5 minutes or until blistered. Add squash and pepper flakes and toss. Season with salt and pepper and pan fry for 5 minutes tossing frequently. Serve in a pasta bowl and garnish with basil.

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