



BASIL

IN SEASON

May - September

HOW TO SELECT

Choose hardy, bright green stems that are not wilted or brown.

HOW TO STORE

Trim ends & immediately place in glass filled with 1 inch water. Store on kitchen counter away from direct sunlight up to 1-2 weeks. To freeze, finely mince fresh herbs & spread evenly in an ice cube tray. Lightly cover herbs with canola oil & freeze overnight. Transfer frozen cubes to a zip-close bag & store up to 6 months.

LEMON BASIL SUMMER SQUASH

BASIL



Nutrition Facts

6 servings per recipe
Serving size 1/6th recipe (240g)

Amount per serving
Calories **110**

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol <5mg 2%

Sodium 125mg 5%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 133mg 10%

Iron 1mg 6%

Potassium 601mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

20 MIN | SERVES 6

INGREDIENTS:

- 2 medium zucchini
- 2 medium yellow squash
- 2 Tbsp olive oil
- 1 lemon, juiced
- 1/4 tsp pepper
- 2 cloves garlic, minced
- 1/2 cup fresh **BASIL**, chopped
- 2 Tbsp fresh oregano, chopped
- 1/2 cup shredded parmesan cheese

PREPARATION:

1. Using a vegetable peeler, shave zucchini & squash into ribbons. Put in a large bowl.
2. In a small bowl, combine oil, juice, pepper & garlic. Mix well.
3. Stir in oil mixture with vegetables. Add basil & oregano. Toss together.
4. Top with cheese & serve immediately!