



Cheese-Stuffed Squash Blossoms with Shaved Baby Squash and Toasted Pumpkin Seeds

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



910 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup larger leaves sliced (preferably Thai)
- ☐ 0.1 teaspoon pepper black
- ☐ 3 cups cherry tomatoes halved lengthwise (1 lb; preferably Sungold)
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup basil fresh chopped (preferably Thai)
- ☐ 6 tablespoons mild goat cheese fresh at room temperature

- ☐ 1 tablespoon heavy cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons mild olive oil extra-virgin
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons pumpkin seeds green hulled toasted ()
- ☐ 1 tablespoon rice vinegar (not seasoned)
- ☐ 1 tablespoon shallots minced
- ☐ 1 cup seltzer water chilled
- ☐ 12 male squash blossoms with stems (not with baby zucchini), stems trimmed to 1 inch
- ☐ 1 lb baby summer squash assorted
- ☐ 6 cups vegetable oil (preferably canola or grapeseed)

Equipment

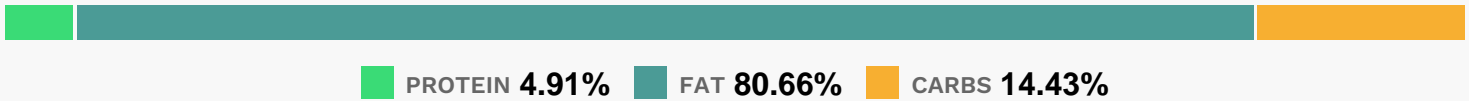
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 250°F.
- ☐ Toss tomatoes with oil and arrange, cut sides up, in 1 layer in a shallow (1-inch-deep) baking pan.

- ☐ Bake in middle of oven until slightly shriveled but not completely dried or browned, about 1 1/4 hours.
- ☐ Transfer pan to a rack to cool.
- ☐ Stir together goat cheese, cream, pumpkin seeds, basil, salt, and pepper in a bowl and fold in half of oven-dried tomatoes.
- ☐ Spoon 1 rounded tablespoon of this filling into each blossom and twist ends of petals gently to close. Chill, covered, until ready to fry.
- ☐ Purée vinegar, shallot, oil, pepper, and salt in a blender until smooth and emulsified.
- ☐ Slice squash paper-thin (lengthwise) using slicer, then overlap squash slices decoratively on 4 plates to cover surface.
- ☐ Heat 2 inches of oil in a 3-quart saucepan to 350°F on thermometer.
- ☐ Set a bowl in a larger bowl of ice and cold water, then whisk together flour and salt in smaller bowl. Then whisk in sparkling water until combined well.
- ☐ Working in batches of 3, coat blossoms in batter, lifting each out by its stem and letting excess drip off, then fry, turning, until batter is crisp (it will not brown), 1 to 1 1/2 minutes.
- ☐ Transfer blossoms as fried with a slotted spoon to paper towels, drain, then season with salt.
- ☐ Drizzle vinaigrette over squash slices, then arrange 3 fried blossoms in middle of each plate.
- ☐ Sprinkle remaining oven-dried tomatoes, pumpkin seeds, and basil around blossoms and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:92.25, Glycemic Load:18.23, Inflammation Score:-9, Nutrition Score:24.147825756799%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 910.23kcal (45.51%), Fat: 83.3g (128.15%), Saturated Fat: 15.69g (98.08%), Carbohydrates: 33.52g (11.17%), Net Carbohydrates: 30.19g (10.98%), Sugar: 5.94g (6.6%), Cholesterol: 13.9mg (4.63%), Sodium: 397.95mg (17.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.82%), Vitamin K: 147.82µg (140.78%), Vitamin C: 47.38mg (57.44%), Vitamin E: 7.64mg (50.92%), Manganese: 0.84mg (41.8%), Folate: 116.95µg (29.24%), Vitamin A: 1348IU (26.96%), Vitamin B2: 0.44mg (26.02%), Vitamin B1: 0.37mg (24.96%), Phosphorus: 232.38mg (23.24%), Copper: 0.43mg (21.42%), Vitamin B6: 0.42mg (21.22%), Iron: 3.71mg (20.63%), Potassium: 654.93mg (18.71%), Magnesium: 74.38mg (18.6%), Selenium: 12.66µg (18.08%), Vitamin B3: 3.41mg (17.06%), Fiber: 3.33g (13.3%), Zinc: 1.4mg (9.31%), Calcium: 81.37mg (8.14%), Vitamin B5: 0.66mg (6.62%)