



Grilled Summer Squash with Feta and Mint

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

Ingredients

- 4 servings pepper black freshly ground
- 3.5 ounces feta cheese crumbled
- 4 teaspoons mint leaves fresh coarsely chopped
- 4 servings kosher salt
- 2 tablespoons juice of lemon freshly squeezed
- 3 tablespoons olive oil
- 3 pounds summer squash assorted washed and ends trimmed

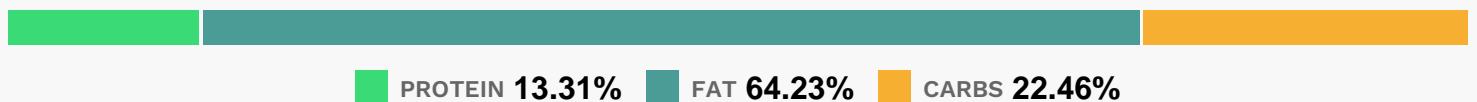
Equipment

- bowl
- whisk
- grill
- slotted spoon
- grill pan
- cutting board

Directions

- Place 1 squash on a cutting board and make a diagonal cut about 1 1/2 inches from one end.
- Roll the squash a half turn and make another diagonal cut (in the same direction as the first cut) about 1 1/2 inches from the cut end of the squash.Repeat with the rolling and cutting until you reach the end of the squash. (This is called a roll cut; watch this CHOW video for more tips.)Repeat with the remaining squash, place in a large bowl, and set aside.
- Place the lemon juice in a medium bowl and whisk in the olive oil in a slow stream until combined. Season with salt and pepper, then add half of the dressing to the bowl of squash, season generously with salt and pepper again, toss to combine, and set aside.Meanwhile, heat a grill pan or outdoor grill to high (about 450°F to 550°F).When the grill is ready, use a slotted spoon to place the squash on the grill. Reserve the large bowl and any remaining dressing in it. Cook the squash uncovered, turning occasionally, until charred in spots and crisp-tender, about 7 to 8 minutes total.Return the grilled squash to the large bowl, add the remaining half of the dressing, and toss until evenly coated.
- Let the squash cool until just warm or room temperature, about 15 minutes.
- Add the feta and mint and stir to combine. Taste and season with more salt and pepper as needed.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:2.72, Inflammation Score:-8, Nutrition Score:18.68347834245%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 214.96kcal (10.75%), Fat: 16.47g (25.34%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 9.16g (3.33%), Sugar: 7.67g (8.53%), Cholesterol: 22.08mg (7.36%), Sodium: 483.72mg (21.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.36%), Vitamin C: 60.77mg (73.66%), Vitamin B6: 0.85mg (42.53%), Vitamin B2: 0.69mg (40.82%), Manganese: 0.62mg (30.88%), Folate: 108.23µg (27.06%), Potassium: 916.46mg (26.18%), Phosphorus: 213.7mg (21.37%), Calcium: 174.68mg (17.47%), Vitamin K: 17.14µg (16.32%), Magnesium: 63.25mg (15.81%), Vitamin A: 790.31IU (15.81%), Fiber: 3.8g (15.19%), Vitamin B1: 0.2mg (13.57%), Vitamin E: 1.98mg (13.18%), Zinc: 1.71mg (11.38%), Vitamin B3: 1.91mg (9.56%), Copper: 0.18mg (9.22%), Iron: 1.43mg (7.96%), Vitamin B5: 0.78mg (7.79%), Vitamin B12: 0.42µg (6.99%), Selenium: 4.41µg (6.31%)