



## Recipes from the Kingfield Farmers Market

**Chef Lisa Hanson's Saute of Summer Squash,  
Tomatoes, Herbs, and Garlic  
Cooking Demo 9/20/2009**

2 lbs Yellow or gold zucchini, yellow crookneck, pattipan, or other varieties of summer squash, cut into ½” cubes.

2 lbs Garden-ripe tomatoes, stemmed and cut into ½” cubes.

2-3 Tbsp saute oil (olive oil, grapeseed oil, or canola oil)

2-3 Tbsp best quality extra virgin olive oil

1-2 Tbls balsamic vinegar

1-4 cloves fresh garlic, peeled and minced

8-12oz fresh sheep or goat milk cheese (Lisa used a version of Love Tree Farmstead's outstanding “Little Holmes” which is wrapped in nettle leaves that have been macerated in vodka. Available at the market!)

A handful of fresh herbs—basil, mint, thyme, marjoram, sage  
Salt and black pepper

Heat a large sauté pan over medium high heat. Add enough sauté oil to cover the pan's surface. Add squash to fit in a single layer while still leaving breathing room around the cubes. Sprinkle with salt. If necessary, cook the squash in batches, adding more sauté oil to the pan before each batch.

Cook each batch, stirring occasionally, until the squash begins to brown a little and turns slightly translucent. Remove to a large bowl.

When all of the squash is cooked and still hot, toss in the garlic, herbs, and a little cracked pepper. Mix thoroughly. Next, fold in the tomatoes, and then crumble in the cheese.

Finish with the balsamic vinegar and the extra virgin olive oil and correct seasonings to taste.