



# LeiHall Farm Recipes

## Quick and Easy Summer Squash

1 1/2 pounds mixed summer squash, (Zephyr, Yellow or Zucchini) , end and stems trimmed  
1/4 cup onion, chopped  
1 egg  
2 tsp. butter  
2 tsp. sour cream  
1 Tbsp. cheese (I use low fat pimento cheese spread)  
salt and pepper to taste  
Optional: red or bell pepper, chopped

Slice and steam the squash in water with a little chopped onion until soft. Drain water from pot and add a fresh egg. Whip egg well with a wire whisk into the squash mix while still cooking on very low heat. Add butter, a little sour cream and cheese of your choice. Whip again, heat on low heat, stirring frequently, about 5 minutes until all is melted and mixed. Add salt and pepper and serve. Option: I sometimes add a few chopped bell or red pimento peppers the last 5 minutes to give it a "crunchy" texture. I've never had anyone that didn't like this recipe. Its quick, simple and even non-squash eaters like this one!