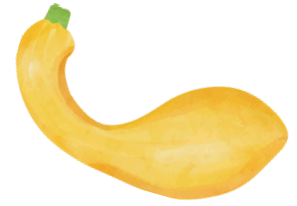


What do I do with... **YELLOW SQUASH**



With a few veggies, canned beans can make a quick, flavorful meal. This well-seasoned New Orleans Red Beans and Rice makes a hearty dinner with protein and fiber, and tastes just as good the day after. This dish is vegetarian as prepared, but you can add sausage for additional flavor.

AIR FRYER SUMMER SQUASH

Adapted from Eating Well

Servings: 4

Ingredients

- 2 tablespoons grated Parmesan cheese
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon ground pepper
- ⅛ teaspoon crushed red pepper
- 1 large (8 ounce) squash, sliced ¼-inch thick
- 2 teaspoons lemon juice

Directions

1. Preheat air fryer to 400°F for 5 minutes. Combine Parmesan, oil, oregano, salt, garlic powder, onion powder, pepper, and crushed red pepper in a medium bowl. Add squash and toss to coat.
2. Working in batches, if necessary, arrange the squash slices in a single layer in the fryer basket. Cook, flipping once, until golden brown, 10 to 12 minutes. Sprinkle with 2 teaspoons lemon juice and serve with lemon wedges.

