



# Greenmarket Recipe Series

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## SUMMER SQUASH & CORN SAUTÉ

Recipe created by Chef David Stample of In Cucina  
[www.incucinacooking.com](http://www.incucinacooking.com)

### INGREDIENTS

\*2 Cups of Corn

\*2 Cups Summer Squash, Diced

\*1/4 Cup Onion, Diced

\*2 Cloves Garlic, Minced

\*2 Tbsp Parsley, Chopped

3 Tbsp Olive oil

Salt & Pepper to taste

*\*Ingredients available seasonally at your neighborhood Greenmarket*

### INSTRUCTIONS

Preheat skillet over medium high heat. Add oil, then add the garlic and onions cook until soft, but not colored. Then add the squash and corn and sauté 10 to 12 minutes until squash is tender. Add salt, pepper and parsley and mix.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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