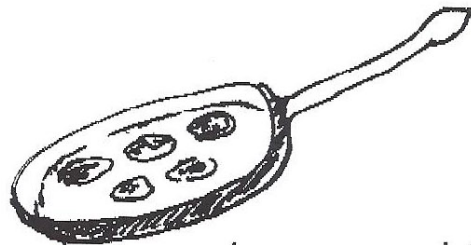
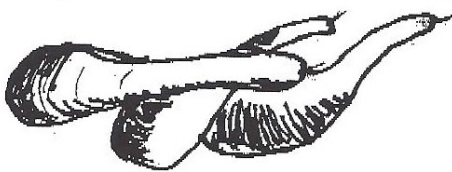


Upper Keys Summer Squash Fritters

- 4 med. summer squash (yellow)
- 1 cup of green, yellow & red bell pepper (DICED mixed)
- 1/2 cup sweet onion (diced)
- 1 tbl. Hot sauce
- 1/2 cup beer
- 1/2 cup of Flour
- 2/3 cup of bread crumbs (seasoned)
- 1 tea. sea salt
- 1 tea. pepper (black)



1. Steam summer squash in steamer till semi-soft. Then add to large mixing bowl.
2. Mash squash with potatoe masher and add peppers & onion. Add hot sauce & beer. Mix well
3. mix flour & bread crumbs together and slowly add to the bowl, stirring to form a batter. If needed, add more bread crumbs to thicken.
4. IN a hot pan with cranola oil, spoon out batter and cook till each side is brown. Remove to paper towels. add salt & SAUCES for dipping.

loren

Sauces for Squash Fritters

Greek

1 cup Greek yogurt
1 tablespoon minced fresh chives
2 tablespoons chopped fresh parsley
½ large cucumber, peeled and diced
2 tablespoons apple cider vinegar
1 tablespoon olive oil
Salt & pepper to taste
Chop and mix all together

Asian

¼ cup soy sauce
2 tablespoons water
2 tablespoons fresh grated ginger
2 tablespoons minced fresh chives
¼ cup toasted sesame oil
Put sesame oil into a small pan and warm until lightly browned. Mix soy sauce, water, chives and ginger in a small bowl. Add sesame oil. Stir and serve.

Marinara

2 tablespoons olive oil
4 cloves garlic minced
6 large roma tomatoes, cored and chopped
¼ cup fresh chopped basil
¼ cup fresh chopped oregano
Heat oil in pan. Add garlic and cook until golden. Add tomatoes and continue to cook until soft and starts to look “wet”. Add fresh herbs and salt and pepper. Cook just until herbs are wilted. Serve.