

RECIPE

Hero Vegetable: Squash

Summer Squash Mangonada

Ingredients:

1 yellow squash, ends trimmed and cubed 2 cups ripe mango, cubed Juice of one lime ½ cup water or orange juice ½ cup sugar Chamoy (optional) Tajin (optional)

Directions:

Arrange the cubed mango on parchment lined baking sheet and freeze solid. Blend the sugar, juice, and squash in a blender. (You can steam the squash first if you'd like to eliminate the chunks altogether) Add the frozen mango cubes and puree until smooth but thick. Set out 4 glasses squeezing lime juice into each glass. Evenly divide the mango mixture into the glasses. Top with a couple tablespoons of Chamoy and sprinkle with Tajin.