

Caramelized Summer Squash and Onion

Serves 6-8

Ingredients:

- 1/3 cup Olive Oil
- 6 ea Sweet Onions, large, thinly sliced
- 12 ea Yellow Summer Squash, medium, sliced in half moon shapes
- 1/2 tsp black pepper, freshly ground
- 3 tsp salt

Directions

- In a large pot, heat oil over medium heat and add onions, squash, salt and pepper
- Allow this to cook until the squash has released a lot of liquid and begins to shrink, about 10 minutes
- Reduce the liquid by half, stirring often with a wooden spoon so the mixture does not burn
- Reduce the heat to medium-low and continue cooking stirring occasionally until the liquid is gone
- Once liquid has cooked out, continue cooking and scraping every few minutes until mixture as a golden amber color – approx. 45 minutes
- Reduce the heat to low and continue cooking and scraping for about another 15 minutes until the mixture develops a chestnut color.

Tips

- Use a cast iron pan if you have it, otherwise a large pot will work just as well
- Use wooden spoons instead of metal, so you don't ruin the finish on your pans.
- This recipe is about going low (heat) and slow (time), so cook something else while making this recipe.
- The salt in the beginning not only seasons your vegetables but helps draw out liquid from the squash and onions.