

What's in season?

Squash blossoms

BUYING

Look for unwilted blossoms at farmers' markets and grocery stores, and use quickly—they last only a day or two in the fridge.

PREPPING

Inspect blossoms for any rogue insects or debris and brush or rinse away.

make it tonight

Squash blossom, avocado, and butter lettuce salad

SERVES 4 TO 6 | 10 MINUTES

1 tbsp. lemon juice
5 tbsp. extra-virgin olive oil
1 tsp. Dijon mustard
½ tsp. each kosher salt and pepper
1 butter lettuce head, torn into large pieces
2 cups small squash blossoms, stems removed, divided
1 tbsp. roasted, unsalted sunflower seeds
1 avocado, peeled and sliced

Whisk together lemon juice, oil, mustard, salt, and pepper in a large bowl. Add lettuce, 1½ cups blossoms, the sunflower seeds, and avocado and lightly toss with dressing until coated. Sprinkle remaining ½ cup blossoms on top of salad.

PER SERVING 187 CAL., 89% (166 CAL.) FROM FAT; 1.9 G PROTEIN; 19 G FAT (2.6 G SAT.); 5.2 G CARBO (3.2 G FIBER); 184 MG SODIUM; 0 MG CHOL.

USING

The blossoms have a delicate flavor, so pair them with mild greens, herbs, and cheeses.



3 more ways

TOSS whole blossoms with warm pasta coated with olive oil and garlic.

TUCK blossoms into quesadillas made with jack cheese and roasted chiles.

STUFF blossoms with sweetened ricotta cheese, dip in tempura batter, and fry until golden. Dust them with powdered sugar.

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