

# 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.

## DRESSING

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
- 1/2 tsp. each kosher salt and pepper
- 1 butter lettuce head, torn into large pieces
- 2 cups small squash blossoms, stems removed, divided
- 3 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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