

# SCALLOPED SUMMER SQUASH

*Grain Free • Dairy Free • Delicious*

Warm and comforting, this dish celebrates the colorful glory of summer's best squash. Perfect for serving during the weeks when summer starts to fade into fall.

## Ingredients

- 1 1/2 pounds summer squash (combination of 3-4 medium-sized yellow squash and zucchini squash)
- 1/2 medium yellow onion
- 1-15 oz. can full fat coconut milk
- 4 Tablespoons cold water
- 3 Tablespoons nutritional yeast
- 2 Tablespoons potato starch
- 1 teaspoon onion powder
- 1 teaspoon kosher salt
- 3/4 teaspoon white vinegar
- 1 teaspoon fresh thyme leaves, for topping
- 1/2 Tablespoon kosher salt, for sweating the squash

## Notes

1. Swap red wine vinegar for white vinegar, if desired. Do not use apple cider vinegar, rice wine vinegar, or other sweeter vinegar, as it will make the sauce sweet.
2. Use cornstarch instead of potato starch, if a grain free recipe isn't necessary.
3. The cream sauce will be thick, but remember the squash will lose some water content during the cooking process, which will help loosen up the thick cream sauce.

## Method

1. Start by preheating the oven to 400 ° F.
2. Prepare the vegetables: thinly slice the onions and summer squash so they are 1/8" thick. Set the onions aside, then place the summer squash in a colander set over a bowl or a plate. Sprinkle 1/2 Tablespoon kosher salt on top of the squash; gently toss and let sit for 10-15 minutes to sweat. (This will help remove excess water from the squash.)
3. Meanwhile, prepare the cream sauce: in a small saucepan, add coconut milk, nutritional yeast, onion powder, vinegar and salt. Turn heat to medium; whisk well to combine. Bring the mixture up to a gentle simmer.
4. Make a thickening slurry: whisk 2 Tablespoons potato starch in to 4 Tablespoons of cold water .
5. Add the slurry to the simmering coconut milk mixture and whisk immediately until well combined. It will thicken fast!
6. Once thickened, remove the sauce from the heat.
7. Drain the summer squash: pour the sweated summer squash onto paper towels to drain. Gently pat the top to remove excess water.
8. Assemble the gratin: arrange half of the summer squash in the bottom of a greased casserole dish. Pour half the cream sauce on top (and spread it as evenly over the squash as you can), then add the remaining summer squash. Pour the remaining cream sauce over the squash and arrange the onion slices on top. Sprinkle fresh thyme leaves on top if desired (about 1 teaspoon will do).
9. Bake for 20 minutes, then check the squash for doneness. Let it bake an additional 5 minutes or so if desired. Best served when the onions are soft and the squash is crisp-tender.

