Louisiana HARVEST of the MONTH

Sautéed Squash Blossoms

Home Recipe

Serves: 3
Prep Time: 5 minutes
Cook Time: 1 Minute

Ingredients

- 10 winter or summer squash blossoms
- 1 Tablespoon butter
- 1 sliced garlic clove
- Salt and pepper to taste

Cooking Instructions

1) Spread the petals of the blossoms and rinse them out.
2) Heat the butter in a frying pan. Add the garlic and stir for 30 seconds.
3) Place the blossoms in a single layer in the pan.
4) Flip them after about 10 seconds and cook for about 10 more seconds. Enjoy!

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