

Creamed Yellow Squash

If you are from the south, and have ever had a backyard garden, there is a high likelihood that you've had creamed yellow squash. This is such a quintessential southern comfort food. Nana had this often as a child to "use up" the squash from the garden. Back then she didn't like it, but she has learned to love this recipe with many of her other garden-fresh recipes.

Ingredients

4 - 5 medium-sized yellow squash
salted water
½ cup heavy cream
1 tablespoon butter
1 tablespoon sugar
½ teaspoon salt
½ teaspoon black pepper



Instructions

- ❖ Slice squash into ¼-inch rounds and simmer in a pot of salted water until they are soft but not falling apart.
- ❖ Pour squash into a colander to drain the water, then move back to a pan.
- ❖ Add cream and the remaining ingredients to squash.
- ❖ Simmer squash for about 5 minutes until the squash and cream are incorporated.


Nana's Kitchen
Made With Love and Purpose