

Blistered Summer Squash Salad: Vibrant, Fresh & Easy Side Dish

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10 min

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INGREDIENTS

To create this vibrant summer squash salad, you'll need:

For the Vinaigrette: 2 tablespoons olive oil 1 tablespoon red wine vinegar or lemon juice 1 teaspoon Dijon mustard $\frac{1}{2}$ teaspoon honey or maple syrup Salt and pepper , to taste:

DIRECTIONS

1. Steps for the : Recipe
2. Blister the : Squash:
3. 1 tablespoon olive oil
4. in a large skillet (cast iron works wonderfully) over medium-high heat until it's shimmering. Add the sliced
5. yellow squash
6. in a single layer. Cook in batches if necessary to avoid overcrowding the pan, which would steam the squash instead of blistering it. Let the squash cook undisturbed for
7. 2-3 minutes
8. until the undersides are beautifully golden and blistered. Flip each slice and cook for another
9. on the second side. Season the cooked squash immediately with
10. salt and pepper
11. to taste. Remove the blistered squash from the skillet and set it aside on a plate or separate bowl to cool slightly.
12. Prepare the : Vinaigrette:
13. In a small bowl,
14. whisk together 2 tablespoons of olive oil, 1 tablespoon of red wine vinegar (or lemon juice), 1 teaspoon of Dijon mustard, $\frac{1}{2}$ teaspoon of honey (or maple syrup), salt, and pepper
15. until the mixture is smooth and emulsified. Taste and adjust seasonings as needed.
16. Assemble the : Salad:
17. In a large mixing bowl or directly on your serving platter, combine the slightly cooled

18. blistered squash
19. cherry tomatoes
20. , and thinly sliced
21. . Add the chopped fresh
22. basil or mint
23. . Drizzle the prepared vinaigrette evenly over the vegetables and herbs, then toss gently to coat everything without bruising the tomatoes or squash.
24. Garnish and : Serve:
25. Top the assembled salad with crumbled

SWAPS & NOTES

Yellow Squash: Zucchini or even pattypan squash can be used interchangeably.

Ensure they are sliced to a similar ...-inch thickness for even blistering.

Tomatoes: Cherry or grape tomatoes are perfect for their sweetness and easy halving.

Red Onion: Thinly slicing the red onion is key; it provides a zesty bite without overpowering the other flavors.

TIPS FOR SUCCESS

Don't Overcrowd the Skillet: This is the most crucial tip for "blistering" the squash effectively.

Overcrowding will steam the squash, making it soft rather than golden and slightly crisp.

Hot Skillet: Ensure your skillet is properly heated before adding the squash.

The shimmering oil indicates it's ready.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/blistered-summer-squash-salad-vibrant-fresh-easy-side-dish/>