

Fried Yellow Squash

Oscar · 28/09/2024

**Prep Time**

20 mins

Difficult

Medium

Servings

4

Description

Fry your summer squash also called crookneck squash in cornbread mix without using any egg This is a fast and simple recipe that Ive also used for okra and zucchini My kids gobble up their veggies this way

Ingredients

- - ¾ cup self-rising cornbread mix (such as Martha White®) - salt and ground black pepper to taste - 2 medium yellow squash
- cut into 1/8-inch slices - ¼ cup olive oil
- or more as needed

Instructions

1. Place cornbread mix in a 1-gallon resealable bag; season with salt and black pepper. Add squash
2. seal the bag
3. and shake until evenly coated. Remove squash from the bag and shake off any excess cornmeal. Heat about 1/4 inch of olive oil in a large skillet over medium heat. Working in batches
4. fry squash until the center is cooked and the edges are crisp
5. 2 to 3 minutes per side. Remove with a slotted spoon and drain on a paper towel-lined plate. Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
6. ingredient density
7. and the specific type of oil used. Amount of the breading mix consumed will vary.