

## **Squash Bread- Traditional Native American Recipe**



**Minutes to Prepare: 10**

**Minutes to Cook: 20**

**Number of Servings: 20**

### **Ingredients**

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2 Summer Squash

Water

1 c Cornmeal

1 Egg

1/4 c Low Fat Buttermilk

1/4 c Oil for frying

### **Directions**

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1. Wash your squash and chop into small cubes.
2. Place squash in a saucepan. Add water. Pour in enough to cover the squash.
3. Bring the water to a boil. Cook until soft and drain.
4. Place squash, cornmeal, egg and buttermilk and mix together.
5. Heat oil in a heavy cast iron skillet on medium heat.
6. Spoon a heaping tablespoon full of the squash mix into the hot oil. Repeat until the skillet is 3/4 full.
7. Fry until golden brown.