



# Summer Squash

Yellow Squash, Green or Yellow Zucchini,  
Eight Ball, Patty Pan



### Why eat summer squash:

- Good source of vitamin C which helps fight illness.
- Contains manganese which helps build strong bones - important for growing children!

### How to store and when to throw out:

- Refrigerate, unwashed, in a plastic bag.
- Any mold growth, throw away the one with the mold and use the others quickly.
- If the texture is no longer firm use before they become mushy.

## Easy Roasted Vegetable Pasta Salad

*Makes 6 servings  
Ready in 30—45 minutes*

### Ingredients:

- 2 cups whole wheat macaroni pasta (or any whole wheat pasta)
- 1 teaspoon oil
- 1 yellow onion
- 2 medium summer squash (about 2/3 pound)
- 1 green, red, and orange bell pepper
- Mrs. Dash Garden Seasoning
- .5 cup Italian dressing

### Directions:

1. Preheat oven to 375°.
2. Cook pasta according to package instructions. Toss pasta with oil and set aside to cool.
3. Rinse and chop summer squash, bell peppers, and onion.
4. Place chopped vegetables on a baking tray. Drizzle squash & onion with oil and sprinkle with Mrs. Dash. Bake for 15 minutes or until squash has softened and onions have caramelized.
5. When pasta is cool, combine all ingredients & serve immediately or chill overnight.

### Chef Notes:

- Add parmesan or mozzarella cheese.
- Try other summer vegetables like tomatoes.

### Quick Tips:

- Before serving, wash and cut off the stem.
- No need to peel! The skin is soft and edible.
- Slice into bite-sized pieces.
- Sauté, grill, steam, or even eat raw dipped in low-fat dressing for a snack.
- Summer squash have a mild taste, so you can add them to almost any recipe!

| Nutrition Facts                         |                     |
|---|---------------------|
| Serving Size 1 cup, sliced 113g (113 g) |                     |
| Amount Per Serving                      |                     |
| Calories 18                             | Calories from Fat 2 |
| % Daily Value*                          |                     |
| Total Fat 0g                            | 0%                  |
| Saturated Fat 0g                        | 0%                  |
| Trans Fat                               |                     |
| Cholesterol 0mg                         | 0%                  |
| Sodium 2mg                              | 0%                  |
| Total Carbohydrate 4g                   | 1%                  |
| Dietary Fiber 1g                        | 5%                  |
| Sugars 2g                               |                     |
| Protein 1g                              |                     |
| Vitamin A                               | 5% • Vitamin C 32%  |
| Calcium                                 | 2% • Iron 2%        |

# Squash Cornbread

Makes 6 servings, Ready in 30 minutes

## Ingredients:

- 1 box Jiffy cornbread mix
- 1 cup plain greek yogurt (or cottage cheese)
- 1 egg
- 3 cups very finely-diced or grated yellow summer squash
- 2 tablespoons butter, melted

## Directions:

1. Preheat oven to 375 degrees F. Spray an 8-inch x 8-inch square baking dish with cooking spray.
2. In a large bowl, mix together cornbread mix, yogurt, and egg.
3. Stir in squash.
4. Pour batter into baking dish. Pour melted butter over the batter.
5. Bake for approximately 20-25 minutes, or until golden brown and cooked through.

## Chef Note:

- Try using finely chopped broccoli instead of squash.

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# Quick Squash Sauté

Makes 4 servings; Ready in 10 minutes

- 2 squash, sliced
- 1 teaspoon oil
- 1 teaspoon garlic
- 1 teaspoon Italian seasoning
- 1/4 teaspoon salt and pepper

## Directions:

1. Heat oil in a sauté pan over medium-high heat.
2. Stir in squash and seasonings. Cook until soft and beginning to brown, about 5 minutes.
3. Serve with parmesan cheese and enjoy.

## Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of excess sodium.

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## How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

### Daily servings:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

