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.

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.

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

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 (113g)
Amount Per Serving
Calories 18 Calories from Fat 2
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 2mg 0%
Total Carbohydrate 4g 1%
Dietary Fiber 1g 5%
Sugars 2g 0%
Protein 1g 0%

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.

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**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

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