



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.

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.

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

