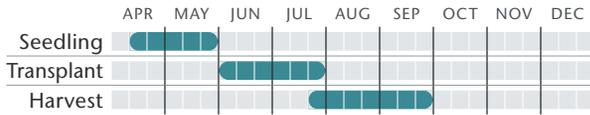


## All About Summer Squash

### Seasonal Crop Growth



Adapted from WSU Extension Publication EM057E.

### Nutrient Power Pack

Summer squash contain key nutrients that benefit your health. ½ cup provides the following Daily Value (%DV).

**Vitamin A** ▶

2–9%

2–9%

◀ **Vitamin C**

**Folate** ▶

2–9%

2–9%

◀ **Potassium**

**Calcium** ▶

2–9%

Less than 2%

◀ **Iron**

**Fiber** ▶

2–9%

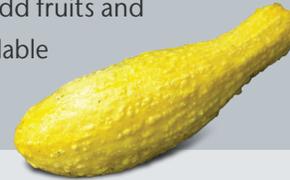
ESHA Food Processor 11.2.23; database V 11.2.0 (2016);  
FDA Guidance for Industry Food Labeling Guide (2013)

### Did You Know?

- \* **Size isn't everything!** The most flavorful zucchini are the small- to medium-sized ones.
- \* Zucchini come in many different **shapes and sizes**. Some are even round!
- \* The longest zucchini recorded was **8 feet 3.3 inches** long! And the biggest weighed more than **64 pounds**.

Distributed by

More brochures to help you add fruits and vegetables to your diet are available at [wasnap-ed.org/FFF](http://wasnap-ed.org/FFF).



**SNAP-Ed**

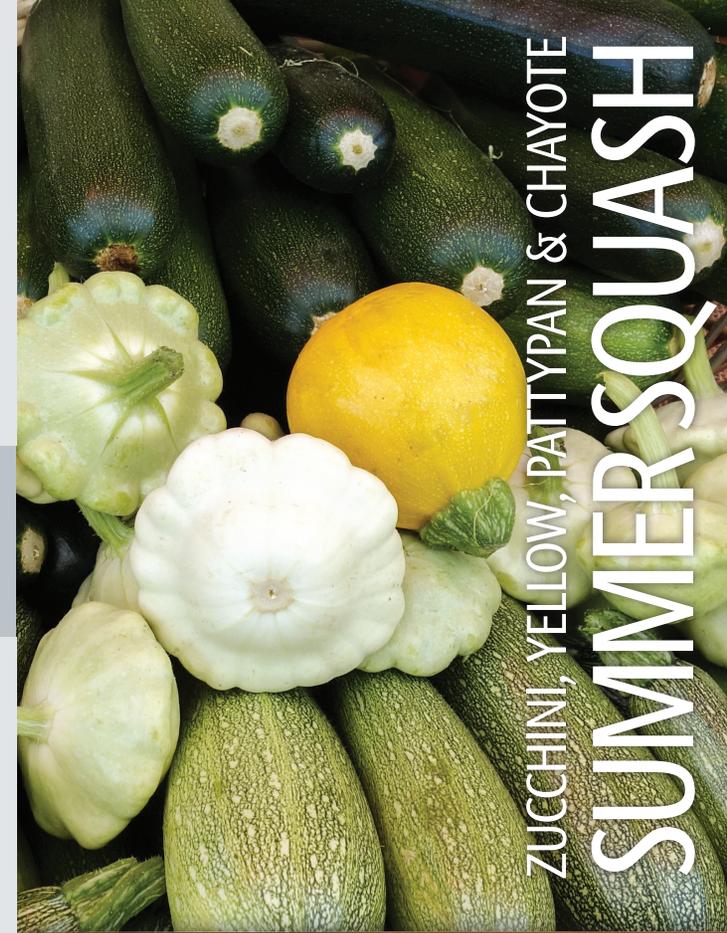
WASHINGTON STATE UNIVERSITY  
EXTENSION

Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

**WSU Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local WSU Extension office.**

Rev. March 23, 2018

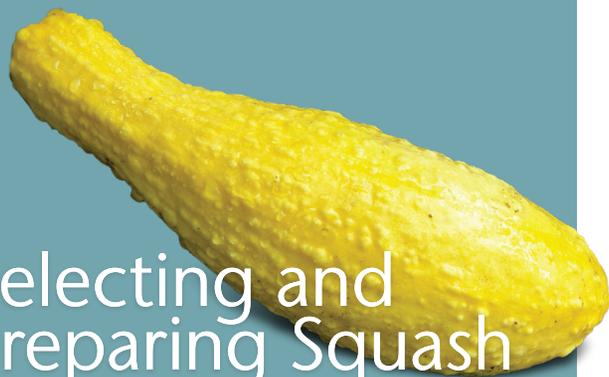


ZUCCHINI, YELLOW, PATTYPAN & CHAYOTE  
**SUMMER SQUASH**



## Selecting and Preparing Squash

- ☞ Choose squash that are crisp, free of soft spots or wrinkled skin, and are on the small side (unless you plan to stuff them).
- ☞ One half pound makes about 1 ½ cups of sliced or shredded squash (about 2 servings).
- ☞ Store squash in the refrigerator. They are best if used within one week.
- ☞ Wash skin well. Do not peel, just trim off the ends to remove the tough stem.
- ☞ Steaming is an easy way to cook summer squash. Place slices in a pan with a small amount of water and cook for 5 to 8 minutes.
- ☞ Summer squash can be eaten raw, too! Simply slice it and add to salads or as part of a cold vegetable platter.



## Cheesy Squash Casserole

Makes 2-3 servings

- 1 ½ cups chopped summer squash
- ½ cup cracker crumbs
- ½ cup shredded cheese
- 1 tablespoon vegetable oil
- 2 tablespoons chopped onion
- 1 egg, beaten

- 1 Pre-heat oven to 350°F.
- 2 Combine all ingredients and mix well.
- 3 Put in a greased baking dish, cover and bake for 35 to 40 minutes, or until done.
- 4 Allow to cool for 5 minutes as cheese can be very hot.

## Squash Bread

Makes 1 loaf

- 1 ½ cups flour
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 ½ cups shredded summer squash
- 2 eggs, well beaten
- ¾ cups sugar
- ½ cup oil
- 2 teaspoons vanilla extract

- 1 Pre-heat oven to 350°F.
- 2 Mix flour, cinnamon, baking powder and baking soda.
- 3 In another bowl combine eggs, sugar, oil and vanilla extract. Beat until fluffy, about 2 to 3 minutes.
- 4 Add squash to egg mixture; stir to coat.
- 5 Add dry ingredients to wet ingredients and mix just until moistened.
- 6 Pour into well-greased bread loaf pan. Bake 40 minutes, or until a toothpick inserted in the center comes out clean.

## Pasta Primavera

Makes 3 servings

- 12 ounces whole grain pasta
- 2 tablespoons olive oil
- 1 clove garlic, thinly sliced
- 2 carrots, peeled
- 1 medium zucchini
- 1 medium yellow squash
- 1 bell pepper
- ½ onion, thinly sliced
- 1 large tomato, diced (*optional*)
- 1 ½ teaspoons dried Italian herbs
- ½ cup grated Parmesan cheese

- 1 Cook pasta according to package. Drain, set aside.
- 2 Cut carrots, zucchini, squash and bell pepper into thin strips; set aside.
- 3 Heat a large, non-stick skillet over MEDIUM heat; add the oil and garlic. Cook 1 to 2 minutes, or until garlic is soft, but not brown.
- 4 Add vegetables and dried herbs. Stir and continue cooking over MEDIUM-HIGH heat for 4 to 5 minutes.
- 5 Combine pasta and vegetables in a large bowl. Sprinkle cheese on top and toss well. Serve immediately.