



PICK OF THE MONTH

July 2010

Savory summer squash!



Nutrition information: One medium summer squash

18 calories
1g protein
4g carbohydrates
3g fiber
226 IU vitamin A
19.2mg vitamin C
296mg potassium
16.9mg calcium

Summerly squash

2 Tbsp canola oil
1 small onion, sliced
2 medium tomatoes, coarsely chopped
1 tsp salt
1/4 tsp pepper
2 small zucchini, cut into 1/2-inch slices
2 small yellow summer squash, cut into 1/2-inch slices
1 bay leaf
1/2 tsp dried basil

Heat the oil in a large skillet over medium heat. Cook and stir the onion about five minutes, until tender. Mix in the tomatoes, and season with salt and pepper. Continue to cook and stir about five minutes. Mix in the zucchini, yellow squash, bay leaf and basil. Cover, reduce heat to low and simmer 20 minutes, stirring occasionally. Remove bay leaf before serving.

Calories: 65, Fat: 14.8g, Sodium: 0g, Carbohydrates: 8g, Fiber: 2g, Protein: 2g

Adapted from allrecipes.com

Squash, called winter or summer, used to be named by the season in which it grew. Now, we can find both types nearly all year long. Look at rind or skin to tell the difference. The summer squash has a tender skin because it is picked when the vegetable is immature, while the winter squash is picked when mature and has a hard rind.

Summer squash comes in four varieties: crookneck, straightneck, pattypan and zucchini. They vary in color and shape but can be used interchangeably in several recipes. In the United States, zucchini is the most common summer squash.

In order to get the full nutritional benefit it is important to eat the skin, not just the flesh. The skin is a good source of vitamin C, magnesium and the antioxidant beta carotene.

Selection and Preparation

Select small squash that feels heavy for its size. The skin should be glossy and blemish free. Avoid squash with nicks, bruises or soft spots. Summer squash is fragile and even small punctures can lead to decay.

Store the squash unwashed in plastic bags in the refrigerator where it will keep for approximately seven days. If you want to freeze the squash, blanch the slices for two minutes before freezing. Freezing does make the flesh softer.

Preparation is easy. Simply wash and cut off the ends. Now you can cut the squash into any desired shape or size for cooking and serving. Try one of these tips:

- Cut your squash into desired sizes to stew, sauté or roast
- Add grated squash to eggs, salads and/or sandwiches
- Try cooking several varieties of squash together for a colorful dish
- Make a summer squash kabob, then marinade and grill

Check your local grocery store or fruit stand for fresh summer squash today!

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