



Summer Squash

Zucchini & Yellow Squash



Selecting Fresh Summer Squash:

- Zucchini squash have a cylindrical shape with a dark green rind, while straight-neck squash have a cylindrical shape with a creamy yellow rind.
- Choose small, young, shiny, firm but tender squash with rinds or skin that can easily be broken. Look for slim, elongated squash that are up to 2 inches in diameter and up to 8 inches long.
- Avoid squash with a hard, injured, pitted or dull rind, and ones that are large, seedy, or have stringy, spongy flesh.

Measuring Fresh Summer Squash

1 pound = 4 cups raw, sliced = $1\frac{2}{3}$ cups cooked, sliced = $1\frac{1}{4}$ cups raw, grated
 $\frac{1}{2}$ cup raw, sliced = 2 ounces by weight = 65 grams

Handling and Storing:

- Handle gently. The skin is very thin and susceptible to damage.
- Avoid washing summer squash before storing.
- Place squash in a perforated plastic bag and put in the refrigerator vegetable drawer.
- Refrigerate unwashed squash up to 5 days in a perforated plastic bag.

Preparation and Serving:

- Rinse squash under cold running water to remove dirt.
- Cut off ends, bruises and decay. Do not peel.
- Enjoy squash's mild flavor raw, grilled, baked, steamed, microwaved, boiled, pan-fried or stir-fried.
- Sliced summer squash cooks in about 10 minutes if boiled or pan-fried.

Nutrition Facts: One serving = $\frac{1}{2}$ cup chopped raw crookneck or zucchini squash, not peeled: Calories 10, Protein 1 gram, Carbohydrates 3 grams, Fat 0 grams, Fiber 3 grams. Summer squash contributes vitamin C, fiber and molybdenum to the diet.

References: ESHA Food Processor, www.aboutproduce.com, www.urbanext.uiuc.edu, Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall, www.oznet.ksu.edu/library/hort2/mf661.pdf

Zesty Summer Squash Bake

Serves 6

Ingredients:

1/4 cup chopped onions
1/4 cup chopped chili peppers
2 tablespoon minced garlic
1 tablespoon butter or olive oil
3 hard cooked eggs, chopped
3 cups diced zucchini and yellow squash
2 eggs, beaten
1/3 cup half & half
1/4 cup dried breadcrumbs



Preparation:

Preheat oven to 350°F (175°C). Melt butter/olive oil in a saucepan; add onions, garlic and chilies and sauté until tender. In a large bowl, combine onions, garlic and chilies with the summer squash mix and hard cooked eggs. In a separate bowl, mix beaten eggs with half-and-half and pour about 1/2 of it over mixture and gently toss to coat the squash, add more of the egg and half-and-half mixture as needed until the squash are completely coated. Place squash mixture into a greased 1½ quart casserole dish. Sprinkle bread crumbs over the top and bake for 30 minutes. Serve warm and enjoy!

Nutritional information per serving: 150 calories, 8g fat, 3.5g saturated fat, 185mg cholesterol, 105mg sodium, 13g carbohydrate, 2g dietary fiber, 3g sugars, 7g protein.

Approximate Pricing Scale

\$ = \$10-\$15 \$\$ = \$15-\$20 \$\$\$ = \$20-\$25