

SUMMER SQUASH



Summer squash is in season from July through September.

Tips for selecting summer squash

Types of summer squash include zucchini, yellow straightneck, yellow crookneck, and patty pan.

- Look for small and medium-sized squash.
- Summer squash should be firm with a glossy, tender skin.
- Do not choose squash with soft spots or wrinkled skin.

Storage

Keep summer squash in a plastic bag in the refrigerator. It is best if used within one week. Summer squash can be frozen—contact your county Extension office (counties.extension.wisc.edu) for information.

Preparation

Wash well in cold water. Do not peel squash, just cut off the ends. If squash is large and has a thick skin or large seeds, remove the skin and seeds.

Serving ideas

Slice raw for salads and sandwiches. Boil, microwave, or steam. Add sliced summer squash to spaghetti sauce for extra flavor and texture.

Microwave

Cut into ½-inch slices, add ¼ cup water, cover and microwave about 5 minutes or until tender. Let stand 1 minute.

Key nutrient

- Vitamin C for healthy gums, skin, and resistance to infection

Recipes

Oven-fried Squash

2 medium squash

Water

⅓ cup Parmesan cheese

⅓ cup flour

Preheat oven to 400°F. Lightly coat a baking sheet with vegetable oil or nonstick cooking spray. Peel and slice squash into ⅛-inch thick pieces. Dip in water to moisten. In a bag, shake squash slices in ⅓ cup Parmesan cheese and ⅓ cup flour. Place slices on baking sheet. Bake for 5 minutes on each side. Serves 4; 90 Cal; 2.5 g fat.

Squash bread

1½ cups flour

2 teaspoons cinnamon

1 teaspoon baking powder

½ teaspoon baking soda

1½ cups zucchini or summer squash, grated

2 eggs, well beaten

¾ cup sugar

½ cup oil

2 teaspoons vanilla extract

Preheat oven to 350°F. Mix flour, cinnamon, baking powder, and baking soda thoroughly. Combine well-beaten eggs, sugar, oil, and vanilla. Beat about 3 minutes. Stir in squash. Add dry ingredients. Mix just until dry ingredients are moistened. Pour into well-greased loaf pan. Bake 40 minutes or until a toothpick inserted in center of the loaf comes out clean. Slice and serve when cool. Serves 10; 240 Cal; 10 g fat.



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