



## Summer Squash



Summer squash have thin, edible skins, and soft seeds. The tender flesh has a high water content, a mild flavor, and doesn't require lengthy cooking. The most widely available varieties are Zucchini, Yellow Straightneck, Yellow Crookneck, and Pattypan. All are similar in taste and texture.

### Nutrition Information

- ✦ Fat, saturated fat, sodium, and cholesterol free ✦ Low in calories
- ✦ All summer squash except Crookneck are high in vitamin C

## Recipes

### Corn-Stuffed Zucchini

4 medium zucchini  
½ tsp. salt  
1½ c. corn kernels  
1/8 tsp. pepper  
1 sm. onion, chopped  
¼ c. parsley, chopped  
2 T. margarine  
½ c. grated Cheddar cheese

Cut off ends of zucchini. Cook unpeeled, whole zucchini in small amount of boiling water about 5 minutes. Cut in half lengthwise. Scoop out pulp, leaving ¼-in. shell. Chop pulp finely. Melt margarine in skillet. Add pulp, corn, onion, salt and pepper; cook, stirring occasionally, until mixture thickens, about 10 minutes. Add parsley. Fill zucchini shells with corn mixture and place in shallow baking dish. Sprinkle with cheese. Bake uncovered at 350E for 30 minutes.

### Squash Casserole

2 pounds squash  
1 tablespoon grated onion  
¾ stick margarine  
1 egg  
1 can cream of mushroom soup  
Salt  
Crushed cracker or bread crumbs

Cook squash and drain; mash. Add onion, egg, margarine, soup and salt. Mix well. Pour into casserole dish. Add topping of crushed crumbs. Bake at 350° for 45 minutes.



### Uses & Preparation

- ✦ Trim off ends. Rinse but do not peel.
- ✦ Cook whole, cubed, sliced or cut into strips.
- ✦ Can be eaten raw or cooked.
- ✦ Shred raw for slaws.
- ✦ Boil, steam, bake, sauté, stir-fry or microwave.

### Selection

- ✦ Select small-to-medium sized, firm squash with smooth, glossy skin, free of spots or bruises.

### Storage

- ✦ Refrigerate, unwashed, in a plastic bag for up to 5 days.

### Varieties

- ✦ Zucchini – shaped like a curved cylinder. Skin medium- to deep-green.
- ✦ Yellow Crookneck – tapers from a bulbous blossom end to a curved, narrow stem end. Pale yellow skin with slight pebbling.
- ✦ Pattypan – round, somewhat flattened with a scalloped edge.