

SUMMER SQUASH



STORAGE

Keep it in an open plastic bag in the refrigerator for up to 6 days.

HOW TO USE

Add it to vegetable stir fry, soup, or pasta sauce; sprinkle it with salt and other seasonings and roast it in the oven.

HELPS SUPPORT

Heart health, immune system, vision, and digestion.

COMMON VARIETIES

Zucchini (green), yellow summer squash (yellow and green), yellow crookneck squash (yellow) pattypan squash (yellow, green, and white).

SUMMER SQUASH SAUTÉ

Servings: 5

Preparation Time: 15 Minutes

INGREDIENTS

- 3 medium zucchini or yellow squash (or 6 pattypan squash)
- ½ teaspoon oil
- 2 cloves garlic, finely chopped
- 1 tablespoon of low-fat grated cheese
- ¼ tablespoon ground black pepper

OPTIONAL

1 teaspoon grated lemon peel



Photo: Champions for Change Program

INSTRUCTIONS

1. Cut squash in half crosswise, then cut each half into 4 lengthwise sticks.
2. Heat oil in a heavy nonstick skillet over medium-high heat.
3. Add garlic and cook for about 2 minutes.
4. Add summer squash and lemon peel (if using), and cook for about 3 minutes until summer squash is lightly browned.
5. Mix in cheese and pepper.

Adapted from the Champions for Change Program