

SUMMER SQUASH

Types

Cocozelle, crookneck, pattypan, straightneck, white scallop, zucchini.

Selection Info

Choose squash that are heavy for their size, glossy, and small to medium size.

Preparation

Zucchini and yellow squash are generally eaten cooked; however, you can eat them raw, especially when quite young and small.

Cutting Summer Squash: To make rounds, simply make parallel cuts across the squash, anywhere from very thin to about ¼ inch thick. To make sticks, cut the squash across into the length of sticks you would like. Take each section and cut lengthwise in half. Place each half cut-side down on a cutting board and make additional lengthwise cuts at the desired width. To dice, hold all the sticks together and cut them across to create the size dice desired. Older large summer squash will have large seeds in the center that are not desirable to eat. If you are cutting up one of these, you may want to remove the center seed area before cooking.

Raw: Cut raw summer squash into rounds or sticks and eat with dip or yogurt. Larger raw summer squash can

also be shredded (by hand or in a food processor) and used in quick breads, muffins, or fritters.

Roast: Heat oven to 425°F. Cut squash to preferred size pieces. Place in roasting pan and drizzle with 1-2 tablespoons olive oil, then add a pinch of salt and pepper. Roast for about 15 minutes or until squash is tender.

Microwave: Cook in a microwave-safe covered dish with ¼ cup water for about 4 minutes, stirring occasionally, until tender.

Sauté: Heat 1-2 tablespoons of olive oil or butter in a skillet over medium heat and place squash rounds flat onto the skillet. Flip after 2 to 3 minutes, once squash begins to brown. Continue to cook until the other side browns. Sprinkle with salt to taste and serve.

Steam: Place cut summer squash into steamer basket over a pot of 1 inch of boiling water. Cover and steam for about 4 minutes or until tender.

Grill: Cut squash lengthwise into long oval strips, about ½ inch thick. brush with oil and lay on a hot grill rack. Flip after a few minutes. Vegetables grill faster than meat, so watch carefully for burning.

Storage

Short-Term Storage: Keep summer squash refrigerated and use within 3 to 4 days.

Long-Term Storage: Summer squash can be frozen or dried.



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SUMMER VEGETABLE AND PASTA SALAD

Ingredients

- 3 cups whole wheat pasta (uncooked)
- 1 cup broccoli (chopped)
- 1 cup cucumber (peeled and diced)
- 1 cup summer squash (sliced)
- 3/4 cup Italian salad dressing

Directions

1. Cook pasta according to package directions. Drain, rinse with cold water, and place in large bowl.
2. Add remaining ingredients and mix well.
3. Refrigerate leftovers within 2 hours.



Learn more about **SUMMER SQUASH** by scanning the QR code above or by visiting <https://extension.purdue.edu/food/nr/food.php?food=summer-squash>.

 Share your recipes!

Nutrition Information

Serving Size 1/6 of recipe

Nutrients	Amount
Total Calories	220
Protein	8g
Carbohydrates	43g
Dietary Fiber	5g
Total Fat	3g
Saturated Fat	0g
Cholesterol	0mg
Sodium	230mg

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