



### 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

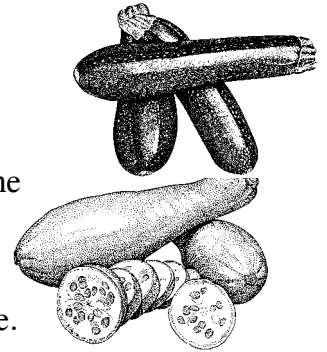
- ❖ Refrigerate, unwashed, in a plastic bag for up to 5 days.

### 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.

## 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      ⅛ tsp. pepper  
1 sm. onion, chopped    ¼ c. parsley,  
2 T. margarine            chopped  
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 350°F 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 crackers 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°F for 45 minutes.

