

WHAT'S FRESH

Yellow Squash

Yellow squash is very common vegetable and thrives in Georgia. It belongs to the gourd family, along with melons, winter squash and cucumbers.

How to cut yellow squash:

Start with clean squash. Gently scrub squash under running water before using. Pat dry. Keep the skin - no need to peel.



1. Round Slices

Cut off the ends. If the neck of the squash is curved, cut it off at its widest part. Cut the neck in half long ways. Slice neck and body into 1/2 inch slices.



3. Small Dice

Follow steps 1 and 2 to make matchsticks - keep them stacked. Rotate and cut in the opposite direction of the sticks.



5. Sticks for eating raw

Follow step 4 to cut into quarters. Cut each quarter in half longways, then in half shortways.



2. Matchstick

Stack several slices on top of each other, cut into 1/4 inch sticks.



4. Large Dice

Cut in half long ways and cut each half in half to make four long quarters. Line up the quarters flat side down, cut into 1/2 or 1 in. pieces down the length of the squash.

Did You Know?

Yellow Squash has just as much beta-carotene as carrots or sweet potatoes and is an excellent source of manganese and Vitamin C.

Summer squash comes in a variety of shapes and textures including zucchini, crookneck, pattypan, zephyr and cousa squash.

Quick Tips:

- Do not wash until ready to eat.
- Store in an unsealed bag in the refrigerator.
- Eat within 3-5 days. If there are soft or brown parts, cut them off and keep the rest of the squash.

Ways to eat yellow squash:

Eat raw: Cut squash into sticks and serve with healthy dips for a snack. Cut them into matchsticks and add as a topping on your favorite salad: greens, pasta salad, chicken or tuna salads.

Sauté: Heat a little oil in a skillet over medium-high heat. Add large diced squash and cook, stirring frequently for 5-7 minutes or until slightly tender. Season with salt & pepper. For extra flavor, add diced onion, minced garlic [or garlic powder] and your favorite spices.

Roast: Preheat the oven to 425°F. Toss large diced squash or thick rounds with a few tablespoons of oil, salt, pepper and your favorite herbs. Place in a single layer on a baking sheet and bake for 15-20 minutes, turning half-way through, until the squash is tender and slightly browned. Sprinkle with parmesan cheese during the last few minutes!

Grill: If squash is thin and long, cut in half lengthwise. For larger, thicker squash, slice into 1/2-inch slices. Sprinkle the squash with salt & pepper. Coat the grill grate with a light layer of oil. Grill the squash over direct heat until grill-marked, about 6-8 minutes. Turn the squash and cook for another 6-8 minutes, or until just tender.



Cheesy Skillet Squash

SERVES
4

Directions:

1. Heat a large skillet over medium heat with oil or cooking spray. When hot add onions and saute for 5 minutes.
2. Add squash and saute for 2 more minutes.
3. Stir in sauce and Italian Seasoning and cover. Cook for 5-8 minutes, until squash is crisp-tender and not mushy.
4. Sprinkle with mozzarella cheese and heat until it is melted.

Ingredients

Onion - 1 small, diced

Yellow Squash or Zucchini
4 count, large dice

Vegetable Oil - 1 teaspoon
or non-stick cooking spray]

Tomato Sauce - 1 can (15 oz.)
[substitute spaghetti sauce or
crushed tomatoes]

Italian Seasoning - 1/2 tablespoon

Shredded Mozzarella - 3/4 cup

Salt & Pepper to taste

Tips

• Make this recipe a full meal by doubling the sauce and adding beans or lean ground meat. Serve over whole grain pasta or quinoa.

Add-Ons

- Hide grated squash in muffins, bread or even pancakes. The kids will never know!
- Add to stir-frys, pasta dishes, stews or casseroles.
- Add matchsticks or thin slices to homemade or frozen pizza if you are low on time.