



Summer Squash



Skillet Squash

*Recipe adapted from eatingwell.com

Yield: 6 servings
Serving size: 2/3 cup

Ingredients:

- 2 tsp olive oil
- 2 medium zucchini, chopped
- 2 medium yellow summer squash, chopped
- 1 medium onion, thinly sliced
- 1 (4 oz) can diced green chilies
- 2 medium tomatoes, chopped
- 2 tsp chopped, fresh oregano or 1/2 tsp dried, crushed
- 1/4 tsp ground pepper
- 1/8 tsp salt

Nutrition Facts	
6 servings per container	
Serving size	2/3 Cup
Amount Per Serving	
Calories	50
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 0.3g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 40.7mg	4%
Iron 0.6mg	4%
Potassium 401mg	8%
Vitamin A	70%
Vitamin C	30%
Folate	10%
Magnesium	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. In a large nonstick skillet, heat oil over medium heat.
2. Add zucchini, yellow squash, and onion to the skillet.
3. Cook for 8 to 10 minutes or until the onion is just tender, stirring occasionally.
4. Add undrained green chilies, tomatoes, and dried oregano (if using).
5. Heat through, stirring occasionally. Stir in fresh oregano (if using), ground pepper, and salt.
6. Serve immediately.



Choosing:

- Choose firm, smaller squash. They have more flavor.
- Look for vibrant, rich skin color, whether it's green, yellow, or spotted.

Storing:

- Store squash in the refrigerator crisper drawer in a plastic or paper bag with one end open to encourage air circulation. They'll keep there for 1 to 2 weeks.

Preparing:

- Steam: slice or chop and place in a steamer basket over gently boiling water. Steam for 10 to 20 minutes, or until fork tender.
- Bake: cut the squash in half. Brush with a small amount of oil. Season with a dash of salt and pepper. Bake in the oven at 350 °F for 30 to 60 minutes or until fork tender.
- Grill: prepare the same as if baking. Place on a grill at medium-high heat and cook each side for 5 minutes.

Benefits:

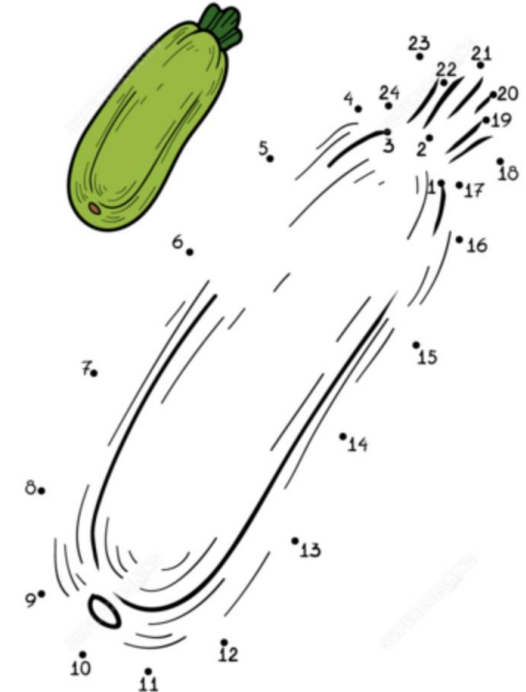
- Summer squash is an excellent source of vitamin C and has potassium and fiber as well.
- It's also a good source of vitamins, minerals, and antioxidants that are thought to improve eyesight and reduce the risk of cancers.

Did you know?

- The skin is where the majority of the nutrients are stored.
- All squash is actually fruit!
- "Zuccha" is the Italian word for squash.

Instructions

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