Summer Squash
Yellow Squash, Green or Yellow Zucchini,
Eight Ball, Patty Pan

Why eat summer squash:
- Good source of vitamin C which helps fight illness.
- Contains manganese which helps build strong bones - important for growing children!

How to store:
- Refrigerate, unwashed, in a plastic bag.

When to throw out:
- Mold growth
- Texture is no longer firm but soft and mushy

---

Bow Tie Pasta with Squash Sauce
Makes 6 servings—serving size 2/3 cup
Ready in 20 minutes

Ingredients:
- 2 cups whole wheat bow tie pasta
- 1 small clove garlic (or a dash of garlic powder)
- 2 medium summer squash (about 2/3 pound)
- 1 tablespoon vegetable oil
- 1/2 cup Parmesan cheese
- 1/4 teaspoon salt
- Pinch of black pepper

Directions:
1. Cook pasta according to package instructions.
2. Drain pasta, reserving 1/2 cup cooking liquid.
3. Peel and mince garlic, if using.
4. Rinse and grate summer squash. About 2 cups grated squash.
5. Heat oil in large skillet over medium heat. Add squash.
6. Cook until summer squash softens and produces some liquid, about five minutes. Add garlic for the last 2 minutes.
7. Add 1-2 teaspoons cooking liquid from pasta to the squash. Add pasta. Stir and add more liquid as needed.
8. Sprinkle pasta with parmesan, salt and pepper. Toss to combine. Serve immediately.

Quick Tips:
- Before serving, wash and cut off the stem.
- No need to peel! The skin is soft and edible.
- Slice into bite-sized pieces.
- Sauté, grill, steam, or even eat raw dipped in low-fat dressing for a snack.
- Summer squash have a mild taste, so you can add them to almost any recipe!

---

Nutrition Facts
Serving Size 1 cup, sliced 113g (113 g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 18</td>
<td>Calories from Fat 2</td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 2mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate 4g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>5%</td>
</tr>
<tr>
<td>Sugars 2g</td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 5% • Vitamin C 32%
Calcium 2% • Iron 2%
Quick Squash Sauté

Makes 4 servings—serving size 6
Ready in 10 minutes

Ingredients:
1 pound squash, any type
1 small clove garlic (or a dash of garlic powder)
1 tablespoon vegetable oil
1 teaspoon oregano
1/4 teaspoon salt
1/4 teaspoon black pepper
Parmesan cheese to taste

Directions:
1. Rinse squash. Trim off stem and slice.
2. Peel and mince garlic, if using.
3. Heat oil in skillet over medium heat. Stir in squash, oregano, salt, and pepper.
4. Cook until squash is soft and starting to brown, about 5 minutes. Add garlic for the last 2 minutes.
5. Remove from heat, and stir in Parmesan. Serve and enjoy!

Chef’s Notes:
*Use multiple types of squash for variety of flavor and texture!

Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are in season. Find them at a farmers market or in the front of the produce section at the grocery store.

- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.

- **Canned** fruits and vegetables are best when canned in 100% juice or no-salt-added. Make sure to drain and rinse them to get rid of excess sodium.

How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

Daily servings: