

Yellow Crookneck Squash

(Summer Squash)



Key Points

- ▶ High in vitamin C. Low in calories and sodium. Contains carotenoids that may be good for health.
- ▶ For all squash varieties, choose glossy, small to medium-sized squash that are heavy for their size.
- ▶ Want your kids to reach for a healthy snack? Make sure fruits and veggies are in reach. Squash — fun to say and fun to eat!
- ▶ Fruits and vegetables that will be eaten raw should be kept separate from other foods, such as raw meat, poultry, or seafood.

Lemony Summer Squash

Number of servings: 4

Ingredients:

- 1 teaspoon canola oil
- 1 pound summer squash, sliced ¼-inch thick
- ⅛ teaspoon garlic powder
- ¼ teaspoon Italian seasoning
- ½ lemon, juiced

Directions:

1. Heat oil in a nonstick skillet on medium heat.
2. Add squash and cook, stirring gently until tender, about 4 minutes.
3. Stir in garlic powder and Italian seasoning.
4. Pour lemon juice over the squash and heat through.

Per serving: 34 calories; 1 g fat (trace saturated fat); 1 g protein; 6 g carbohydrate; 2 g dietary fiber; 0 mg cholesterol; 2 mg sodium.

Squash Pie

Number of servings: 4

Ingredients:

- Nonstick cooking spray
- 4 squash, sliced
- 1 tomato, chopped
- 1 small onion, chopped fine
- 4 ounces low-fat cheddar cheese, shredded
- 1 egg
- 1 cup low-fat (1%) milk
- ¼ teaspoon ground black pepper

Directions:

1. Preheat oven to 400 F. Spray a 2-quart baking dish with cooking spray and set aside.
2. Add squash, tomato, and onion to baking dish and mix.
3. Sprinkle cheese on top of vegetables.
4. In a separate bowl, combine egg, milk, and pepper and beat with fork until well mixed.
5. Pour milk mixture over vegetables.
6. Bake for 30 minutes until set and golden brown. Let rest for 5 minutes before serving.

Per serving: 138 calories; 4 g fat (2 g saturated fat); 13 g protein; 13 g carbohydrate; 3 g dietary fiber; 61 mg cholesterol; 231 mg sodium.

Quick Tips

- ▶ Store squash in a perforated plastic bag in the refrigerator for four to five days.
- ▶ Wash thoroughly under running water before eating, cutting, or cooking. Do not wash until ready to use.
- ▶ Add diced squash to pasta sauce or lasagna.
- ▶ Try summer squash as a pasta substitute. Use thin strips in place of lasagna noodles or julienned strips in baked spaghetti recipes.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.



Virginia Tech • Virginia State University

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Tech.

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.