



Summer Squash, Fresh

MyPlate Food Group: **Vegetable**



Nutrition Information

- 1 cup of raw summer squash as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Fruits and vegetables contain antioxidants. Some studies have shown that eating a diet high in antioxidants may have health benefits.
- Summer squash is an important source of many nutrients, including vitamin C. Vitamin C helps to boost the immune system.

Uses and Tips

- Yellow squash and zucchini are called summer squash.
- Add summer squash to any pasta dish for added texture, flavor, and color.
- Not sure if you're a fan of summer squash? Try steaming, roasting, or cooking it. Use different herbs and spices until you find the cooking method and flavor you like best.
- Fresh summer squash does not need to be cooked or heated. Gently rub summer squash while holding under plain running water to remove any visible debris and then enjoy.

Storing Foods at Home

- Do not wash summer squash until ready to eat.
- Summer squash should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Summer Squash Pizza Boats

Makes 4 servings

Ingredients:

2 medium summer squash (yellow summer squash or zucchini)
½ cup tomato based pasta sauce
½ cup mozzarella cheese, shredded
2 tablespoons Parmesan cheese

Directions: Wash hands with soap and water.

1. Heat oven to 350 degrees F.
2. Wash summer squash. Trim ends and cut each in half lengthwise. Use a spoon to gently scrape out soft, seedy center of the squash.
3. Place summer squash halves in a small baking dish. Spoon pasta sauce into squash halves. Top with mozzarella and parmesan cheeses.
4. Bake for 25 to 30 minutes or until the summer squash can be pierced with a fork and cheese is bubbly and brown. Serve warm.

Recipe adapted from FoodHero.org

Farmers' Market Veggie Stack

Makes 6 servings

Ingredients:

1 tablespoon vegetable oil
1 medium onion, diced
1 cup white mushrooms, diced
2 cloves garlic, minced
1 medium zucchini, sliced thin
1 medium yellow squash, sliced thin
1–2 sweet potatoes, sliced thin
non-stick cooking spray
1 cup Parmesan cheese, shredded
1 tablespoon fresh parsley, chopped (or 1 teaspoon dried Italian seasoning)
salt and pepper (optional)

Directions: Wash hands with soap and water.

1. Preheat oven to 400 degrees F.
2. In a skillet over medium heat, cook the onion, mushrooms, and garlic in the vegetable oil for 5 minutes.
3. Spray an 8 x 8 casserole dish with cooking spray. Spread the mushroom mixture in the bottom of the dish. Layer the vegetables on top of each other in the casserole dish. Top with salt and pepper as desired.
4. Bake, covered with aluminum foil, for 30 minutes.
5. Remove the cover and top with shredded parmesan cheese and chopped or dried herbs.
6. Bake uncovered for an additional 15 minutes until cheese is melted.

Recipe adapted from WIC Wisconsin