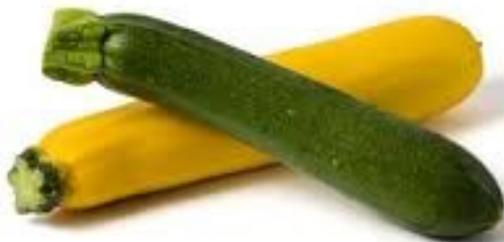


## What's Fresh:



# Summer Squash

*Zucchini, Yellow Squash, etc.*

### Storage Tips:

Do not wash until ready to eat.  
Store in an unsealed plastic bag in the refrigerator.  
Eat within 3-5 days.

### Variety is key!

Different types of summer squash vary in color, shape, texture & flavor!

Zucchini is the most common.

Other varieties include: Crookneck, Pattypan, Zephyr & Cousa

### Preparation Tips:

- ◆ Wash under cool water and pat dry.
- ◆ Do not peel. Remove & discard top and bottom.
- ◆ **To Slice:** For longer cooking dishes like ragouts, braises and stews, lay the squash on its side and slice into rounds of any thickness.
- ◆ **To Dice:** For quicker cooking dishes, cut the squash in half lengthwise, then slice it cross-wise to make half-circles. Cut again cross-wise.
- ◆ **To Grate:** For adding to baked goods, shred using a box grater. Squeeze out excess water!

## Ways to eat Summer Squash:



- ◆ **Eat it raw.** Cut them into sticks and serve with healthy dips for a snack.
- ◆ **Add to salads & pasta salads.** Cut raw summer squash into thin slices and add to salads in the same manner as cucumbers.
- ◆ **Sautee it.** Heat oil in a skillet over medium-high heat. Add 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 it.** Preheat the oven to 425°F. Toss diced squash with a few tablespoons of oil, salt, pepper and your favorite herbs. Place in a single layer on a baking sheet and bake for 20-30 minutes, turning half-way through, until the squash is tender and slightly browned.
- ◆ **Grill it.** 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.
- ◆ **Add grated squash to baked goods such as breads, muffins & pancakes!** See recipe on back.
- ◆ **Add to stir-fries, pasta dishes, soups, stews & casseroles.**
- ◆ **Use thinly sliced squash as a pizza topping!**

See more recipes on the back 

