



Balsamic Veggie Pasta

4 tablespoons olive oil, divided	2 tomatoes, chopped	1 teaspoon dried basil
2 cloves garlic, minced	½ cup green onions, chopped	8 ounces whole wheat pasta
1 small zucchini, chopped	Salt and pepper to taste	1 tablespoon Parmesan, grated
1 small yellow squash, chopped	2 tablespoons balsamic vinegar	

In large skillet, **heat** 1 tablespoon olive oil over medium heat. **Add** minced garlic and **cook** one minute, until fragrant. **Add** chopped zucchini, squash, tomatoes, and green onions, and **cook** until tender. **Add** salt and pepper to taste. In a large bowl, **whisk together** 3 tablespoons olive oil, balsamic vinegar, and dried basil. **Stir in** zucchini, squash, tomatoes, and green onions. Let **sit** for 5 to 10 minutes. In a large pot, **cook** pasta

in salted water about 7 minutes, until al dente. **Drain.** **Toss** pasta with vegetable mixture until incorporated. **Sprinkle** with Parmesan cheese. **Serve** warm.

Yield: 4, 2-cup servings

Nutritional Analysis: 390 calories, 16 g fat, 3.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 52 g carbohydrate, 1 g fiber, 6 g sugars, 0 g added sugars, 10 g protein

Kentucky Summer Squash

SEASON: June through October.
NUTRITION FACTS: Squash is low in calories. One cup of raw squash contains only 20 calories. It contains vitamins A and C, and is naturally free of fat, cholesterol, and sodium.
SELECTION: Popular summer squashes include yellow crookneck, yellow straightneck, zucchini, cocozelle, and pattypan. Pick or purchase summer squash when they are small and tender, and eat both the skin and the seeds. The skin holds many of the nutrients so do not peel. Harvest squash when it is 6 to 8 inches in length. Pattypan squashes are ready when they are 3 to 4 inches in diameter or less.
STORAGE: Store unwashed squash in plastic bags in the crisper drawer of the refrigerator. Wash the squash

just before preparing. The storage life of summer squash is brief. Plan to use it within two to three days.
PREPARATION: Summer squash is a mild-flavored vegetable that combines well with herbs and seasonings. Try it with basil, allspice, rosemary, and marjoram. Cook summer squash as a side dish or use it in stews, casseroles, and main dishes. Summer squash can be grilled, steamed, boiled, sautéed, fried, or used in stir-fry recipes.
PRESERVING: Select small squash with small seeds and a tender rind. Wash and cut into ½-inch slices and heat in boiling water for 3 minutes. Cool promptly in cold water and drain. Pack in containers leaving a half inch of headspace. Seal and freeze.

SUMMER SQUASH

Kentucky Proud Project
 County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Dietetics and Human Nutrition students
June 2019

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>



Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.edu/fcs



University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service