



## Squash Supreme

**4 cups** sliced summer squash  
**1 medium** onion, sliced  
**½ cup** diced red bell pepper  
**1 cup** fat free sour cream  
**1 - 10¾ ounce** can reduced fat cream of chicken soup  
**1½ cups** dry corn bread stuffing mix  
**¼ cup** melted margarine

- 1. Preheat** oven to 350° F.
  - 2. Steam** the summer squash, onion, and red bell pepper until slightly tender.
  - 3. Combine** sour cream and cream of chicken soup. Add steamed vegetables to soup mixture and toss to coat.
  - 4. Combine** corn bread stuffing mix and melted margarine.
  - 5. Place** half the stuffing mixture in the bottom of a greased 2-quart casserole dish.
  - 6. Add** vegetable mixture; **top** with remaining stuffing mix.
  - 7. Bake** for 45 minutes or until mixture bubbles.
- Yield:** 8, ½ cup servings  
**Nutrition Analysis:** 170 calories; 7 g fat; 1.5 g sat fat; 5 mg cholesterol; 370 mg sodium; 22 g carbohydrate; 3 g fiber; 7 g sugar; 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## Kentucky Summer Squash

**SEASON:** June through October.

**NUTRITION FACTS:** Summer squash is low in calories, containing only 20 calories per cup raw. It contains vitamins A and C and is naturally free of fat, cholesterol, and sodium.

**SELECTION:** Popular summer squashes include yellow crookneck, yellow straight-neck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when young and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested at 6 to 8 inches in length. Patty pan squash are ready when they are 3 to 4 inches or less in diameter.

**STORAGE:** Place unwashed squash in plastic bags and store in the crisper drawer of the refrigerator. Wash just before preparation. Use within two or three days.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**PREPARATION:** Summer squash is a mild-flavored vegetable and combines well with herbs and seasonings. Try it with basil, allspice, rosemary, and marjoram. Cook as a vegetable or use in stews, casseroles, and main dishes. It can be grilled, steamed, boiled, sautéed, fried, eaten raw in salads, or used in stir fry recipes.

### SUMMER SQUASH Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Nutrition  
and Food Science students  
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