



Summer Garden Lasagna

5 medium zucchini	8 ounces plain Greek yogurt	1 medium yellow onion, diced ¼ inch	10 ounces fresh spinach
2 yellow summer squash	2 cups low fat cottage cheese	¼ cup fresh chives, chopped	1 (24 ounce) jar spaghetti sauce
3 tablespoons olive oil	½ cup chopped fresh basil	2 garlic cloves, pressed	8 ounces shredded mozzarella cheese
2 large eggplants, sliced ½ inch	2 teaspoons salt		Garnish with fresh basil leaves

Thinly **slice** zucchini and summer squash ¼ inch thick and **toss** with 1 tablespoon olive oil and 1 teaspoon salt. **Roast** in oven at 400 degrees F for 20 minutes, turn slices after 10 minutes. **Slice** eggplants, **toss** with 1 tablespoon olive oil; **place** on baking sheet. **Roast** in oven at 400 degrees F for 20 minutes, turn slices after 10 minutes. If needed, place under boiler for 5 minutes to reduce excess moisture. **Mix** together yogurt, cottage cheese, fresh basil, 1 teaspoon salt, diced onion and chives. **Sauté** garlic in remaining olive oil until wilted. **Add** spinach to pan and **cook** until wilted. **Spoon** half of roasted zucchini,

and sautéed garlic into a greased 9-by-11 inch baking dish. **Coat** evenly with half of the cottage cheese and yogurt mixture. **Place** an even layer of eggplants on cottage cheese mixture. **Spread** a layer of spaghetti sauce on eggplants and sprinkle with mozzarella cheese. **Repeat** process for one more layer. **Bake** at 425 degrees F for 40 to 45 minutes. **Sprinkle** with chopped basil and cheese for garnish.

Yield: 10, 1 cup servings.

Nutritional Analysis: 240 calories, 10 g fat, 4 g saturated fat, 20 mg cholesterol, 840 mg sodium, 20 g carbohydrate, 6 g fiber, 7 g sugars, 17 g protein.

Kentucky Zucchini

SEASON: June through October

NUTRITION FACTS: Squash is low in calories, with the raw vegetable containing only 20 calories per cup. 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 small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested when 6 to 8 inches in length. Patty pan squash are best when they are 3 to 4 inches

or less in diameter.

STORAGE: Harvest and place unwashed in plastic bags. Store squash in the crisper drawer of the refrigerator. Wash the squash just before preparation. The storage life of summer squash is brief; use 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 vegetable or use in stews, casseroles and main dishes. Summer squash can be eaten raw, grilled, steamed, sautéed, fried or used in stir fry recipes.

KENTUCKY ZUCCHINI

Kentucky Proud Project
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