



# Summer Squash Pizza

## Topping

**2** yellow summer squash, thinly sliced  
**1 cup** thinly sliced onion  
**1** green pepper, thinly sliced

**2 teaspoons** chopped fresh rosemary  
 Salt and pepper to taste  
**3 tablespoons** olive oil  
**2 tablespoons** grated Parmesan cheese

## Crust

**½ tablespoon** rapid rise yeast  
**1 tablespoon** sugar  
**½ cup** warm water  
**½-1 cup** whole wheat flour  
**½ teaspoon** salt  
**2 tablespoons** olive oil

**Preheat** oven to 400 degrees F. **Place** sliced squash, onion and pepper in roasting pan. **Sprinkle** with rosemary, salt, pepper and 2 tablespoons of olive oil. **Toss** to coat. **Bake** in preheated oven for 20 minutes, or until onions are lightly brown and squash and peppers are tender. **Set aside.** **Increase** oven temperature to 450 degrees F. In a medium mixing bowl, **dissolve** yeast and sugar in warm water. Let yeast proof, about 10 minutes. **Stir** in ½ cup flour, salt and oil. **Mix** until smooth then **rest** for 5 minutes. **Add** additional flour as needed to be able turn dough out onto a lightly floured surface. **Roll** into a

flat ¼ inch thick crust. **Place** crust onto a baking sheet. **Bake** 5 minutes to set crust. **Remove** from oven and distribute vegetable mixture on crust. **Bake** an additional 10 minutes or until crust is firm, being careful not to burn. **Remove** from oven, **sprinkle** with cheese and remaining tablespoon olive oil. **Cut** into quarters and **serve**.

**Yield:** 4 servings

**Nutritional Analysis:** 310 calories, 19 g fat, 3 g saturated fat, 0 mg cholesterol, 340 mg sodium, 33 g carbohydrate, 6 g fiber, 7 g sugars, 9 g protein.

# Summer Squash

**SEASON:** June through October.

**NUTRITION FACTS:** Squash is low in calories. One cup 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 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 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 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 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 ½ inch 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

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

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