



## Recipe

# CHEESY SQUASH MEDLEY

- ½ medium onion, diced
- 2 cloves garlic, minced
- 1 pound yellow squash, sliced into half moons
- 1 pound zucchini, sliced into half moons
- 2 tablespoons olive oil
- 1½ teaspoons salt, divided
- 1 teaspoon black pepper
- 1 12-ounce can fat free evaporated milk
- 8 ounces low fat cream cheese
- 2 cups low fat shredded cheddar cheese, divided
- ¼ cup Italian bread crumbs
- 2 tablespoons melted butter

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**Preheat** oven to 325 degrees F. **Coat** a 9-by-9-inch baking dish with non-stick spray. **Sauté** onions and garlic in oil over medium heat, stirring often. **Toss** sliced zucchini and squash in a bowl with 1 teaspoon salt and

black pepper. In a small saucepan, **whisk together** evaporated milk and cream cheese over low heat, until warm. **Add** zucchini and squash mixture to sautéed onions and garlic and continue to **cook** over medium heat until tender. **Stir** 1 cup shredded cheese and ½ teaspoon salt into the cream cheese mixture. In prepared dish, **layer** half of vegetable mixture, half of the cheese sauce and ½ cup of shredded cheese. **Repeat** layers. **Sprinkle** bread crumbs on top of shredded cheese and **drizzle** with melted butter. **Place** dish in preheated oven and **bake** for 15 minutes. **Broil** (watch closely) for about 4 minutes or until top is golden brown.

**Yield:** 12 servings

**Nutritional Analysis:** 190 calories, 12 g fat, 7 g saturated fat, 20 mg cholesterol, 590 mg sodium, 9 g carbohydrate, 1 g fiber, 5 g sugars, 10 g protein.

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# Kentucky 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.

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## KENTUCKY SUMMER SQUASH

### Kentucky Proud Project

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



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