



# Farmers Market Squash Sauté

**2 cups** whole grain rotini pasta  
**3** boneless chicken breasts  
**1 tablespoon** olive oil  
**2 medium** zucchini, diced  
**4 medium** carrots, peeled and diced

**2 medium** yellow squash, diced  
**2** garlic cloves, minced  
**2 tablespoons** fresh chopped basil  
**¾ cup** light Alfredo sauce  
**2 tablespoons** shredded Parmesan cheese

**Cook** pasta according to package directions. **Roast** chicken breasts at 400 degrees F to an internal temperature of 165 degrees F, about 25-35 minutes. **Dice** chicken into bite sized pieces. In a large sauté pan, **add** olive oil, zucchini and carrots. **Sauté** until slightly cooked. **Add** yellow squash and garlic and **sauté** until all vegetables are tender. **Remove** from heat and **stir** in basil, diced chicken and pasta. **Add** Alfredo

sauce and **toss** until ingredients are evenly coated. **Reheat** by **tossing** the ingredients in the sauté pan for 3-5 minutes over medium heat. **Sprinkle** with Parmesan cheese and **serve**.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 230 calories, 7 g fat, 2.5 g saturated fat, 40 mg cholesterol, 210 mg sodium, 27 g carbohydrate, 4 g sugars, 18 g protein.

# 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 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 at 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 and 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.

## KENTUCKY 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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<http://plateitup.ca.uky.edu>



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