



Yellow Squash Ribbons

- 1 teaspoon** olive oil
4 medium yellow squash
1 cup red onion, vertically sliced, very thin
1 clove minced garlic
- ½ teaspoon** salt free seasoning blend
¼ teaspoon black pepper
¼ cup Parmesan cheese

1. Shave the outer part of the squash into ribbons using a vegetable peeler, making sure to avoid the core and seeds.

2. Heat olive oil in a large non-stick skillet over medium heat.

3. Add squash, onion and garlic.

4. Cook approximately 5 minutes or until the onion is tender.

5. Remove from heat and **add** seasoning blend, black pepper and cheese.

Yield: 4, ½ cup servings.

Nutrition Analysis: 90 calories, 4 g fat, 2 g sat. fat, 10 mg cholesterol, 260 mg sodium, 10 g carbohydrate, 3 g fiber, 5 g sugar, 5 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: 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 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 are ready when they are 3 to 4 inches or less in diameter.

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

Source: www.fruitsandveggiesmatter.gov

PREPARATION: Summer squash is a mild-flavored vegetable that 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 or used in stir-fry recipes.

SUMMER SQUASH

Kentucky Proud Project

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University of Kentucky, Nutrition and Food Science students

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