



SIMPLY SAVORY

Summer Squash

While especially plentiful in supermarkets across the United States during the summer months, Florida summer squash can be found from October through May. Summer squash are high in fiber, potassium, folate and vitamin C.

DID YOU KNOW?



- There are three basic types of summer squash: yellow, zucchini and patty pan.
- Summer squash are more fragile than winter squash and should be eaten fresh or shortly after they are harvested.
- Squashes are gourds that belong to the same family as melons and cucumbers.
- You can get the most nutrients by eating the entire vegetable including the flesh, seeds and skin.

WELLNESS TIP

Most cardio machines have a heart rate sensor that is activated when you place your hands upon them. Ensure you are working within your target heart rate and pushing yourself by placing your hands on these sensors.

SHOPPING, PREPARING AND STORING



- Thoroughly scrub each squash under running water before use. It is usually not necessary to peel summer squash.
- Summer squash can be stored in the refrigerator crisper for 3-5 days and should be kept free from moisture.

COOKING TIPS



- Summer squash can be grilled, steamed, boiled, sautéed or used in stir-fry recipes. They also mix well with onions, tomatoes and okra in vegetable medleys.
- Marjoram, parsley, dill, rosemary and savory can enhance the flavor of summer squash.

SAUTÉED SUMMER SQUASH serves 4



- 2 pounds yellow squash, quartered and sliced into 1/2 -inch slices
- 1 teaspoon olive oil
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons fresh basil, chopped

1. Heat oil in large sauté pan on medium-high heat.
2. Add yellow squash and cook, stirring occasionally, for 5 to 10 minutes until tender and slightly browned.
3. Add salt, pepper and chopped basil, stir and enjoy.

Recipe provided by Fresh for Florida Kids, Florida Department of Agriculture and Consumer Services

Calories: 53; Total Fat: 3.5 g; Saturated Fat: 0.5 g; Total Carbohydrates: 3 g; Protein: 0 g; Sodium: 166 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



This institution is an equal opportunity provider.

LIVING HEALTHY
IN **FLORIDA.COM**

Florida Department of Agriculture and Consumer Services