Why Should I Eat Squash?

- Low in calories - helps with weight control.
- Tons of Vitamin A - good for eyes, skin, and immune system.
- Good source of Niacin (Vitamin B₃) - helps give us energy.
- Lots of Vitamin C - good for bones and healing injuries.

How Should I Handle Them At Home?

- Before storing sprinkle water on them (do not wash until ready to use).
- Store in a plastic bag in the vegetable bin of the refrigerator.
- Straightnecks may last up to 5 days. Crookneck, zucchini, and patty-pan (or scallop) will last about 2-3 days.
- To Freeze – Wash, and cut into 1/2 inch slices. Boil them in water for 3 minutes and then place in cold water. Drain and put in air-tight containers (or bags), leaving 1/2- inch between the squash and the lid.

How Do I Know I Have Good Ones?

- Pick ones that are not hard or tough.
- Skin should be glossy, not dull.
- Do not use ones that have a hard, bumpy surface, colored or soft spots, or cracks on them.
Libby’s Summer Squash Casserole
Serves 4 people
- 2 large yellow summer squash (crookneck or straightneck) - washed, peeled and sliced
- 1/2 medium onion - peel, cut into slices
- 2 large zucchinis - washed, peeled, and sliced
- 1 bell pepper – washed, seeded, and sliced (if you want it)
- 6 slices of cheddar cheese.

*If you don’t have zucchini or squash, just double up on the type of squash you do have.

1. Place squash, zucchini, onions, and peppers in glass casserole dish.
2. Microwave for 6 minutes and drain off the liquid that comes from the vegetables.
3. Add the cheddar cheese to the vegetables and mix it.
4. Put back into microwave for 1 min – or until cheese is melted.

Adapted from: Libby Goddard, Waldron AR

* For a creamier dish, stir in a can of low-fat condensed cream of mushroom or chicken soup with the cheese.

No-Bake Summer Lasagna
Serves 4 people
- 1/2 cup ricotta cheese
- 2 Tbsp grated Parmesan cheese
- 3 Tbsp olive oil
- 2 tsp olive oil
- Salt and pepper
- 8 lasagna noodles - broken in half
- 1 small garlic clove - finely chopped
- 3 tomatoes - cut into small pieces
- 2 zucchini (1 pound) - washed, cut into thin slices
- 1 Tbsp Italian seasoning

1. In a small bowl, combine ricotta, Parmesan, and 2 tsp oil; season with salt and pepper.
2. In a large pot of boiling salted water, cook noodles according to package instructions; drain.
3. In a large skillet, heat 2 Tbsp oil over medium-high. Add garlic and tomatoes.
4. Cook, stirring, until slightly soft (about 3 minutes). Add Italian seasoning.
5. Transfer tomatoes and garlic to a bowl.
6. Add 1 Tbsp of oil and zucchini to skillet; season with salt and pepper.
7. Cook, stirring, until zucchini is tender, (about 5 minutes).
8. Place some tomatoes on four plates; top with a noodle and small spoonful of ricotta, zucchini, and more tomatoes. Repeat layering twice, then top with remaining noodles and tomatoes.

Adapted from: MarthaStewart.com

Zucchini Salad
Serves 4 people
- 2 Tbsp red-wine vinaigrette
- Salt and pepper
- 1/2 small red onion-sliced thin
- 4 small zucchini

Note: a potato peeler works well for slicing the zucchini.

1. In a medium bowl combine vinaigrette, onions, salt and pepper and let stand for 15 minutes.
2. Peel zucchini and take out seeds. Slice into very thin slices.
3. Add to the bowl with dressing. Mix.
4. Serve, or refrigerate until serving.

Adapted from: MarthaStewart.com