

Summer Squash

Key Points

- For the best buy, choose summer squash (yellow or green) that is firm and without soft spots.
- To prepare summer squash, scrub and rinse skins. Cut off ends before using.
- To store fresh, refrigerate in an open plastic bag for up to 3 days.
- Summer squash contains potassium, which is good for a healthy heart.



Skillet Summer Squash

Ingredients:

- 1 teaspoons vegetable oil
- 2 garlic cloves, minced
- 2 medium green or yellow summer squash, sliced into thick rounds
- 1 cup corn
- 1 3/4 cups chopped tomatoes
- Black pepper and salt to taste (optional)

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add garlic, and summer squash. Cook squash on both sides until lightly browned.
3. Add tomatoes and corn.
4. Add salt and pepper to taste
5. Cover pan and simmer for 5 minutes or until squash is tender.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

8. Materials needed:

- Cutting board
- Knife
- Can opener (if using canned corn)
- Measuring cups and spoons
- Large frying pan with cover
- Spatula

-Makes 6-1 cup servings, as a side dish

Quick Tips

- Grate summer squash into an omelet.
- Slice and eat fresh in salads or as part of a cold vegetable platter.
- Steam chopped summer squash in a small amount of water for 5 minutes.
- Remember to rinse all fruits and vegetables before using

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