

SUMMER SQUASH



HOW DO THEY TASTE ?

Mildly sweet with a nutty tasting skin.

HOW DO I PICK THEM?

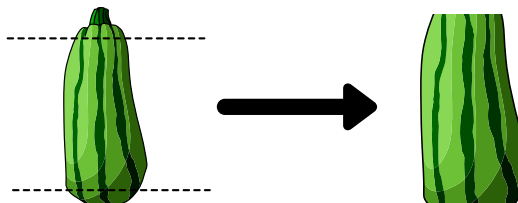
Choose firm and heavy summer squash with bright and shiny skin. Summer squash is available all year round at the grocery store but can be found locally in their peak season between mid June to September.

HOW DO I STORE THEM?

Poke a few holes in a plastic bag and place the summer squash inside. Place in the crisper drawer of your refrigerator for up to 5 days.

HOW DO I PREPARE THEM?

1. Wash the summer squash.
2. Cut both ends off.
3. If the skin has a waxy feeling, peel the vegetable. If it does not have waxy skin, leave the skin on.
4. Prepare according to recipe being used.



Slice into thick, round pieces and **grill, bake** in the oven, cut in half and **stuff** with ground turkey and other vegetables, use as a **topping** on homemade pizza, turn into "**zoodles**"...and SO much more! All types of summer squash can be used in any recipe and can be prepared the same way.



FRESH ZUCCHINI SALAD

Ingredients:

- 1 medium zucchini
- 1 tablespoon green onion (scallion)
- 1 small green pepper
- 1 medium tomato
- 1 tablespoon vegetable oil
- 1/4 cup white vinegar

Directions:

1. Wash and chop zucchini, green onion, green pepper, and tomato into bite size pieces. Combine in a bowl.
2. In a small bowl, mix together oil and vinegar. Pour dressing over vegetables and toss.
3. Cover and chill until serving.

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KITCHEN TIP!

Freeze cooked or uncooked summer squash for later use. You can freeze summer squash for up to 4-6 months for the best flavor.