



***Farm Fresh
Summertime
Recipes***



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Easy Gourmet Salad Dressings



Make your own salad dressings with fresh ingredients. Each Tablespoon of oil has about 100 calories.

French Vinaigrette

- | | |
|---|---|
| 1 teaspoon Dijon mustard | ½ teaspoon minced garlic or |
| ½ cup wine vinegar | ½ teaspoon garlic powder |
| ¼ cup olive, canola, corn or
other vegetable oil | To taste: salt, pepper, other
herbs such as basil, oregano,
thyme or rosemary |
| 2 tablespoons water | |

Place the teaspoon with the mustard in a small bowl. Pour vinegar over mustard and stir together until the mustard dissolves. Add oil, water, garlic and seasonings. Stir well.

Store, covered, in the refrigerator.

Creamy Parmesan Dressing

- | | |
|-----------------------------|--|
| 1 teaspoon prepared mustard | 1 tablespoon grated Parmesan
cheese |
| 1 tablespoon vinegar | ¼ teaspoon ground pepper |
| ½ cup nonfat sour cream | |
| ½ cup nonfat plain yogurt | |

In a small bowl, mix everything together until smooth and creamy. Chill before serving. Add dried herbs such as oregano, dill, basil, tarragon or thyme for flavor.

Low-fat Russian Dressing

- | | |
|--|--|
| 1 teaspoon prepared mustard | ½ cup low-fat mayonnaise |
| 3 tablespoons tomato catsup or
tomato paste | 1/3 cup nonfat plain yogurt or
low fat sour cream |
| 2 tablespoons sweet pickle
relish | 1 teaspoon lemon juice or
vinegar |

In a small bowl, mix everything together until smooth and creamy. Chill before serving.



Veggie Quesadillas

Serves 4, 1/2 quesadilla each

4 10 inch whole wheat tortillas
 1 baby zucchini, diced small
 1 1/2 cup broccoli, chopped
 1 red bell pepper, seeded +
 diced
 1 small yellow onion, chopped

1/2 cup carrots, shredded
 1/2 cup low-fat cheddar cheese,
 shredded
 1/2 cup part skim mozzarella,
 shredded
 1 Tablespoon fresh basil,
 chopped or 1 teaspoon dry
 basil
 Cooking spray

Wash and chop vegetables. Heat medium skillet to medium high and spray with cooking spray. Sauté vegetables for 4-5 minutes stirring frequently. Remove from pan.

Spray pan with cooking spray. Place tortilla in the pan. Sprinkle half the vegetables and half of the cheese (Layer cheese, vegetables, and cheese).

Place top tortilla on. Spray with cooking spray. Cook for 4-6 minutes or until the cheese starts to melt and bottom tortilla starts to brown. Carefully flip quesadilla. Cook for 4 minutes until cheese is warm and bubbly and tortilla browns.

Remove from pan and place on cutting board and cut into triangles. Enjoy!

Options:

- Try a variety of vegetables: eggplant, tomatoes, mushrooms, green beans, cauliflower, garlic, corn or spinach
- Season with fresh herbs- parsley, basil, cilantro, oregano or dill
- In place of onions try leeks, shallots, chives or scallions
- Sprinkle dry herbs- Italian seasoning, chili powder, cumin or your favorite.
- Top with your favorite spicy salsa

Nutrition Facts

Serving Size 1/2 quesadilla
 Servings Per Container 4

Amount Per Serving

Calories 170 Calories from Fat 35

% Daily Value*

Total Fat	4g	8%
Saturated Fat	2g	11%
Cholesterol	10mg	4%
Sodium	340mg	14%
Total Carbohydrate	28g	9%
Dietary Fiber	4g	17%
Sugars	4g	
Protein	11g	

Vitamin A 130% • Vitamin C 140%

Calcium 20% • Iron 8%



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Chinese Chicken Salad

Makes 8, 1/2 cup servings

- 1 package of oriental flavored Ramen noodles
- 1 bag of plain coleslaw or cabbage salad mix (16oz)
- 1/4 cup minced scallions
- 1/2 cup chopped red or green pepper
- 2 chicken breasts, cooked and chilled, cut into cubes

- 1/2 cup unsalted dry roasted peanuts

Dressing

- 1 teaspoon sugar
- 1 Tablespoons olive oil
- 1/4 cup rice or white vinegar
- 1 Ramen noodle flavor packet

Rinse coleslaw and drain, set aside. Break up noodles. Set aside.

In a small bowl make dressing with sugar, vinegar, olive oil and flavor packet. Stir well.

In a large bowl, add peppers, scallions, unsalted peanuts and other vegetables if you like. Add cooked chicken and coleslaw.

Pour on the dressing and combine.

Serve cold.

Try adding one of these to your salad:

- *1 6-ounce can sliced water chestnuts, drained
- *1/2 cup shredded carrots, diced celery or chopped broccoli
- *1/2 cup thinly sliced raw zucchini or cucumber
- *1 cup of washed red or green seedless grapes

Adapted by Heather Pease, EFNEP Educator

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 8

Amount Per Serving

Calories 140 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1g 5%

Cholesterol 15mg 6%

Sodium 90mg 4%

Total Carbohydrate 10g 3%

Dietary Fiber 2g 10%

Sugars 3g

Protein 11g

Vitamin A 15% • Vitamin C 60%

Calcium 4% • Iron 6%



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Spinach Black Bean Salad

Serves 3, 1 cup each

2 Tablespoons vinegar
1 Tablespoon vegetable oil
1 Tablespoon mustard (Dijon or other)
1 clove garlic or 1 teaspoon garlic powder

1/2 teaspoon each dried oregano + basil
1/8 teaspoon nutmeg (optional)
2 cups spinach, washed
1 1/2 cup black beans, rinsed
2 tomatoes, chopped
1 small red onion, chopped

In a large bowl, combine vinegar, oil, mustard, garlic, oregano, basil and nutmeg.

Wash, drain and chop spinach. Add spinach, black beans, tomatoes and onions to vinegar and oil. Toss well and serve.

Options:

- Top your salad with a variety of vegetables (mushrooms, peppers, cucumbers, zucchini, yellow squash, red onions etc.)
- Add cooked chicken, egg tuna for more protein.
- Add cubes of cheddar, Swiss or smoked Gouda cheese
- Dried fruit makes a great addition- try dried cranberries, cherries, raisins or apricots

Nutrition Facts

Serving Size 1 cup
Servings Per Container 3

Amount Per Serving

Calories 190 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 27g **9%**

Dietary Fiber 10g **38%**

Sugars 5g

Protein 10g

Vitamin A 45% • Vitamin C 30%

Calcium 8% • Iron 20%



Grilled Vegetable Packets

Serves 5, 3/4 cup each

- 2 small zucchinis, sliced
- 2 small yellow squash, sliced
- 4 small red potatoes, scrubbed well and sliced
- 1/2 red onion, sliced
- 1/2 red or green bell pepper, seeded and sliced
- 1/4 cup light Italian salad dressing
- salt and pepper to taste



Heat grill to Medium heat or 350°.

Wash and slice all vegetables thinly.
Toss in a large bowl. Add dressing and toss till all vegetables are coated.

Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold up bottom piece with top sheet to form packet.

Place on heated grill for 20-30 minutes or until the potatoes are tender. Empty vegetables onto serving plate or serve from foil packets. Enjoy!

Options:

- Try different vegetables- Tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, corn or your favorites.
- In place of dressing try cooking spray to coat foil (butter or vegetable oil can be used)
- Use herbs or spices in place of dressing- Chili power, Italian or oriental seasoning, curry powder- be creative!
- Veggie packets can be baked in the oven at 400° for 20 - 30 minutes.

Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 5

Amount Per Serving

Calories 130 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 105mg **4%**

Total Carbohydrate 27g **9%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 4g

Vitamin A 20% • Vitamin C 80%

Calcium 4% • Iron 8%



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Crunchy Vegetable Wraps

Serves 4, 1/2 Tortilla each

- 4 Tablespoons whipped cream cheese
- 2 flour tortillas
- 1/2 teaspoon of Ranch seasoning mix
- 1/4 cup broccoli, washed and chopped
- 1/4 cup carrots, peeled and grated
- 1/4 cup zucchini, washed + cut into small strips

- 1/4 cup yellow summer squash, washed and cut into small strips
- 1/2 tomato, diced
- 2 Tablespoon green pepper, seeded and diced
- 2 Tablespoons chives, chopped fine

Stir ranch seasoning into cream cheese, chill.

Wash and chop vegetables. Steam broccoli in microwave for 1 minute with 1 tablespoon of water.

Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables evenly over cream cheese. Roll tortilla tightly. Chill for 1-2 hour before serving (the wrap will hold it's shape better) With a sharp knife slice into circles and serve.



Options:

- **Be creative. Try different vegetables, herbs and spices. Examples- green beans, lettuce, radishes, corn; dill, oregano, basil, mint; curry or chili powder.**
- **There are pre-made flavored cream cheeses- chive, herb or vegetable- that can be substituted in this recipe.**
- **Try a sweet cream cheese and add fruit to your wrap for a different twist.**
- **This wrap is great with soup or salad or served as a cool summer appetizer!**

Nutrition Facts

Serving Size 1/2 Tortilla
Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from Fat 60**

% Daily Value*

Total Fat 7g	10%
Saturated Fat 3g	15%
Cholesterol 10mg	4%
Sodium 210mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 2g	

Protein 4g

Vitamin A 45%	•	Vitamin C 20%
Calcium 6%	•	Iron 8%



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Fruit Salsa with Cinnamon Chips

Serves 6, 1/3 cup each

- 1 apple, peeled, cored and diced
- 1 cup strawberries, sliced
- 1 cup blueberries
- 1 cup cantaloupe, seeded and diced
- 1 Tablespoon lime juice
- 2 teaspoons sugar

- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 6 10inch whole wheat tortillas
- 1 Tablespoon sugar
- 2 teaspoons cinnamon cooking spray

Heat oven to 350° F.

Wash and chop fruit. In a medium bowl, mix together apple, strawberries, blueberries, cantaloupe, lime juice, sugar, cinnamon and nutmeg. Cover and chill for 20 minutes.

Coat one side of each flour tortilla with cooking spray. Cut into wedges and place in a single layer on a large baking sheet. Sprinkle wedges with cinnamon sugar. Spray again with cooking spray.

Bake in preheated oven 8 to 10 minutes. Repeat with remaining tortilla wedges. Allow to cool about 15 minutes. Serve with chilled fruit salsa.

Options:

- Try a variety of fruits: honeydew melon, peaches, pears, nectarines, plums, raspberries, blackberries or cherries.
- Orange or lemon juice can be used in place of lime juice
- Replace white sugar with brown sugar, fruit preserves or honey

Nutrition Facts	
Serving Size 1/3 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	14%
Sugars 12g	
Protein 4g	
Vitamin A 20%	• Vitamin C 50%
Calcium 8%	• Iron 10%



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Choosing Summer Squash

Skin should appear fresh, glossy, tender and free from blemishes; both skin and seeds can be eaten. Over-developed summer squash has a hard skin, dull appearance and enlarged seeds and tends to be stringy. But it might be usable! If skin is very hard, cut it off. If it is able to be peeled, peel it in strips, not entirely, or the squash will fall apart when cooked. Remove large seeds.

Squash Salsa

Serves 6, 1 cup each

1 can black beans (rinsed)
5 tomatoes, seeded and diced
1/2 green pepper, seeded and
diced
1 medium red onion, minced
2 tablespoons red wine vinegar
1 large summer squash, peeled,
seeds removed, diced

1 tablespoon Adobo seasoning
(a combination of garlic, coriander,
salt, and cumin)
2 Tablespoons lime juice,
optional
4 Tablespoons, part-skim
mozzarella cheese
Fresh cilantro or dried parsley,
optional

Combine all ingredients. Let sit for 30 minutes. Spoon
over tortilla chips, cooked rice or noodles.
Top with grated part-skim mozzarella cheese. Serve
hot or cold!

Options:

Out of season idea – Use 1 can diced tomatoes in place
of fresh tomatoes.

Quick Salsa – Combine black beans, chopped summer
squash, and a jar of your favorite salsa!

MENU IDEA

Summer squash Salsa over cold cooked rice
Chicken Quesadilla
Frozen yogurt with berries

Nutrition Facts

Serving Size 1 cup
Servings Per Container 6

Amount Per Serving

Calories 130 **Calories from Fat** 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Cholesterol 5mg **1%**

Sodium 640mg **26%**

Total Carbohydrate 24g **8%**

Dietary Fiber 6g **22%**

Sugars 8g

Protein 8g

Vitamin A 15% • Vitamin C 60%

Calcium 10% • Iron 15%



Summer Squash Stir-fry

Serves 4, 1/2 cup each

- 1 Tablespoon olive oil or other vegetable oil
- 1 small onion, chopped
- 2 cups summer squash, washed, peeled, and cut into chunks
- 1 cup carrots, thinly sliced
- Seasonings to taste – garlic powder, pepper, cumin, thyme, basil or oregano
(Fresh basil is wonderful with this.)

In a skillet (the larger, the better), heat oil on medium high heat.

Add onion and stir-fry until onion is clear and begins to brown. Add carrots and stir until carrots are tender crisp. Add squash and cook for about 2 minutes. Lower heat. Add seasonings of choice. Cook for 2 more minutes. Serve as a side dish.

Options:

- Try other cut up vegetables to stir fry with the onion – green or red peppers, mushrooms, celery, eggplant or green beans.
- Add cut up fresh tomatoes, corn or broccoli with the summer squash. Cook until tender crisp.
- Cook ground beef with the onions. Add other vegetables. Add tomato sauce. Serve over pasta.



MENU IDEA

Summer squash Stir-Fry
Grilled chicken
Potato salad

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 4

Amount Per Serving	
Calories 60 Calories from Fat 30	
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 1g	
Vitamin A 180%	• Vitamin C 15%
Calcium 2%	• Iron 2%



Stuffed Summer Squash

Serves 4, 1/2 stuffed squash each

Basic instructions:

Wash and cut squash in half, lengthwise. Remove the large seeds.

Steam the squash, skin side down, in a small amount of water, in a fry pan or skillet until slightly tender (but not mushy).

Scoop out a good amount of the pulp, place in a bowl and mix with one of the stuffings, below.

Place the squash shells in a baking dish. Stuff the squash with a mixture of your choice:

Rice + Turkey Stuffing

1 pound cooked ground turkey

2 cups cooked brown rice

1 can low sodium condensed cream of mushroom soup

1 cup squash pulp

2 Tablespoons shredded cheddar cheese

Nutrition Facts

Serving Size 1/2 squash
Servings Per Container 4

Amount Per Serving

Calories 380 Calories from Fat 140

% Daily Value*

Total Fat 15g 24%

Saturated Fat 4.5g 23%

Cholesterol 100mg 33%

Sodium 150mg 6%

Total Carbohydrate 36g 12%

Dietary Fiber 7g 27%

Sugars 6g

Protein 26g

Vitamin A 8% • Vitamin C 50%

Calcium 10% • Iron 15%

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 40 Calories from Fat 15

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Cholesterol 5mg 2%

Sodium 85mg 4%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Sugars 2g

Protein 3g

Vitamin A 4% • Vitamin C 20%

Calcium 10% • Iron 4%

Italian Stuffing

3 cups cooked brown rice

1 cup diced tomatoes

1 cup white beans, drained + rinsed

1 Tablespoon fresh basil

1 cup squash pulp

4 Tablespoons Parmesan cheese

Nutrition Facts

Serving Size 1/2 squash
Servings Per Container 4

Amount Per Serving

Calories 410 Calories from Fat 150

% Daily Value*

Total Fat 15g 25%

Saturated Fat 3g 14%

Cholesterol 50mg 16%

Sodium 500mg 21%

Total Carbohydrate 40g 14%

Dietary Fiber 10g 40%

Sugars 14g

Protein 26g

Vitamin A 15% • Vitamin C 60%

Calcium 10% • Iron 15%

Cornbread Stuffing

2 cups cornbread stuffing from a mix, dry

1 cup diced cooked chicken or ham

1/4 cup raisins

1/4 cup almonds or other nuts

2 cups squash pulp

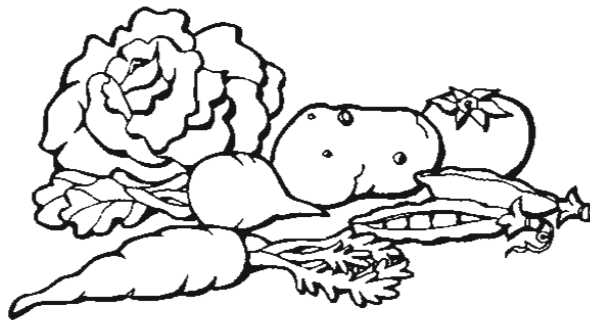
Top with shredded cheese. Bake at 350 for about 20 minutes.

Other stuffing ideas:

- Chili, cooked rice and squash pulp.
- Cooked rice with vegetables, squash pulp and a touch of sesame oil and soy sauce
- Leftover cooked rice or other pilaf from a mix, plus squash pulp.
- Cooked macaroni and cheese
- Tuna mixed with squash pulp, diced green pepper and a little cottage cheese
- Cooked scrambled eggs, squash pulp, cooked bacon, bread crumbs and Parmesan cheese

MENU IDEA

Stuffed squash
Steamed green beans
Sliced tomatoes or cucumbers
Whole grain bread.



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Spicy Carrots and Squash

Serves 4, 1/2 cup each

2 cup carrots, cut in 2 inch sticks
1 1/2 cups squash, cut in 2 inch sticks
1 teaspoon vinegar

2 Tablespoons broth, chicken or vegetable, fat free
1 teaspoon brown sugar
1 1/2 teaspoons spicy or Dijon mustard

Wash, peel and cut carrots. Wash and cut up squash. Combine carrots and broth in saucepan. Cover and cook over medium heat about 5 minutes. Add squash and cook 5 more minutes or until vegetables are just tender. Add more broth, if necessary, to keep from burning. Stir vinegar, brown sugar and mustard into vegetables. Cook for a few minutes over medium heat until most of the liquid cooks off.

Option:

Stir-fry thinly sliced onion and green or red sweet pepper with carrot sticks, in a small amount of vegetable oil. Add broth and squash strips. Cook until tender crisp. Stir in a mixture of 1 Tablespoon Worcestershire sauce and 1 teaspoon lemon juice. Cook for a few minutes until most of the liquid cooks off.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 45 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 11%

Sugars 6g

Protein 1g

Vitamin A 340% • Vitamin C 20%

Calcium 2% • Iron 4%

MENU IDEA

Spicy Carrots and Squash
Broiled Salmon
Cooked rice
Tossed green salad



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Baked Summer Squash

Serves 8, 1 cup each

3 cups summer squash, sliced
1 can cream of mushroom soup
(low sodium)
½ cup grated cheddar cheese
½ cup light sour cream
1 large carrot, grated
1 medium onion, chopped fine
1 can kidney beans, drained

Small package seasoned stuffing
mix
¼ cup margarine or butter,
melted
(or ¼ cup oil and ¼ cup water)
2 Tablespoons grated Parmesan
cheese (optional)

Preheat oven to 350°.

Mix soup, cheddar cheese, sour cream, carrot, onion,
kidney beans and squash together.

Mix stuffing mix and melted butter or margarine (or oil
and water). Place half of the prepared stuffing mix in a
9 x 13 inch pan. Pour in squash mixture, then add the
rest of the stuffing mix.

Sprinkle with grated Parmesan cheese and paprika.

Bake for 40 minutes.

Options:

- Try your favorite low sodium cream soup- Celery,
broccoli, cheese or chicken
- Low-fat plain yogurt can be used in place of sour cream

Nutrition Facts

Serving Size 1 cup
Servings Per Container 8

Amount Per Serving

Calories 310 Calories from Fat 120

% Daily Value*

Total Fat 13g 20%

Saturated Fat 5g 25%

Cholesterol 20mg 6%

Sodium 490mg 21%

Total Carbohydrate 37g 12%

Dietary Fiber 8g 32%

Sugars 7g

Protein 11g

Vitamin A 60% • Vitamin C 15%

Calcium 15% • Iron 8%

Menu Idea

Herb baked chicken
Baked squash
Tossed green salad
Fruit salad



Aunt Barbara's Chocolate Squash Cake

Serves 12, 1 slice each

1 package dark chocolate cake mix
1 teaspoon ground cinnamon
3 eggs
1 ¼ cups water

½ cup vegetable oil
1 cup squash, shredded or finely chopped
¼ cup chopped nuts (optional)

Preheat oven to 350°F. Grease and flour a 10" tube or bundt pan.

In a large bowl, combine cake mix and cinnamon. Add eggs, water and oil. Blend until combined, then beat with an electric mixer for 2 minutes on medium speed. Fold in squash.

Pour into prepared pan. Bake for 50 minutes to 1 hour, until cake springs back when lightly touched.

Sprinkle with confectioner's sugar (optional) or chocolate chips while cake is still warm.

Options:

- To lighten cake try 6 egg whites in place of whole egg
-Replace ½ oil with ½ cup applesauce

Nutrition Facts

Serving Size 1 slice
Servings Per Container 12

Amount Per Serving

Calories 300 Calories from Fat 170

	% Daily Value*
Total Fat 19g	29%
Saturated Fat 3g	15%
Cholesterol 55mg	18%
Sodium 380mg	16%
Total Carbohydrate 33g	11%
Dietary Fiber 1g	6%
Sugars 22g	

Protein 5g

Vitamin A 2% • Vitamin C 2%
Calcium 8% • Iron 15%

Menu Idea
Grilled pork chop
Baked sweet potato
Steamed asparagus
Chocolate squash cake



Summer Squash, Italian Style

Serves 4, 1/2 cup each

2 tablespoons oil
1 large summer squash, thinly sliced
1 Tablespoon water
salt and pepper to taste
1/2 teaspoon dried sweet basil
6 Tablespoons grated Romano or
Parmesan Cheese



Using a large, ovenproof frying pan, heat 1 tablespoon of oil to medium high.

Arrange squash in pan, add water and season lightly with salt, pepper and basil.

Cover and cook over medium heat for 5 minutes, or until tender crisp.

Sprinkle with cheese and drizzle with remaining oil. Place under a preheated broiler and broil until cheese melts and browns slightly.

Menu Idea
Vegetable lasagna
Italian style squash
Whole wheat roll

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 40 Calories from Fat 15

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Cholesterol 5mg 2%

Sodium 85mg 4%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Sugars 2g

Protein 3g

Vitamin A 4% • Vitamin C 20%

Calcium 10% • Iron 4%



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