



# HEALTHY WAYS YELLOW SQUASH



## Tips!

### Alternative Name: Summer Squash

Different types of yellow squash vary in color, shape, texture and flavor!  
Do not wash until ready to eat. When you do, wash under cool water and pat dry. Do not peel. Removed and discard top and bottom.  
Store in an unsealed plastic bag in the refrigerator.  
Eat within 3-5 days.

### Preparation Tips!

**To Slice:** For longer cooking dishes like ragouts, braises and stews, lay the squash on its side and slice into rounds of any thickness.

**To Dice:** For quicker cooking dishes, cut the squash in half lengthwise, then slice it cross-wise to make half circles. Cut again cross wide to make quarters.

**To Grate:** For adding to baked goods, shred using a box grater. Squeeze out excess water.

### Ways to Eat Yellow Squash

**Eat it Raw:** Cut them into sticks and serve with healthy dips for a snack.

Add to salads & pasta salads: Cut raw yellow squash into thin slices and add to salads in the same manner as cucumbers.

**Sautee it:** Heat oil in a skillet over medium-high heat. Add diced squash and cook, stirring frequently. For 5-7 minutes or until slightly tender. Season with salt and pepper.

**Roast it:** Preheat oven to 425F. Toss diced squash with a few tbsp of oil, salt, pepper and your favorite herbs. Place in a single layer on a baking sheet and bake for 20-30 minutes, turning halfway through, until the squash is tender and slightly browned.

**Grill it:** If squash is thick and long, cut in half lengthwise. For larger, thicker squash, slice into 1/2 inch slices. Sprinkle the squash with salt and pepper. Coat the grill grate with a slight layer of oil. Grill the squash over direct heat until grill-marked, about 6-8 minutes. Turn the squash and cook for another 6-8 minutes, or until just tender.

Add grated squash to baked goods such as breads, muffins, and pancakes! See recipes on back!

Add to stir fries, pasta dishes, soups, stews & casseroles.

Use thinly sliced squash as a pizza topping!



# MAKE IT A MEAL: RECIPES



## Yellow Squash Muffins\*

### Ingredients:

- |   |  |
|---|--|
| 3/4 cup squash, grated or shredded , squeezed dry | 3/4 cup whole-wheat flour (or all purpose) |
| 1 cup applesauce or crushed pineapple             | 3/4 cup brown sugar                        |
| 5 tbsp oil  | 1 tsp baking soda                          |
| 1/4 cup water                                     | 1 tsp cinnamon                             |
| 1 tbsp vinegar                                    | 1/4 tsp salt                               |
| 3/4 cup all purpose flour                         | non-stick cooking spray                    |
| Pinch of pumpkin pie spice (optional)             | 1/2 cup raisins or walnuts (optional)      |

### Directions:

1. Preheat oven to 350F. Lightly coat a 12-cup muffin pan with non-stick cooking spray.
2. In a medium bowl, add applesauce/ crushed pineapple, oil, water, vinegar, and grated squash. Mix with a fork.
3. In a large bowl, mix together flour, brown sugar, baking soda, cinnamon, pumpkin pie spice (if using), and salt.
4. Combine wet ingredients with dry ingredients. Mix until well combined. If using raisins or walnuts, add now.
5. Spread batter evenly throughout muffin tins. Bake for 20-25 minutes or until a toothpick inserted comes out clean.

## Pasta with Roasted Yellow Squash\*

### Ingredients:

- |  |                                    |
|--|------------------------------------|
| 1 onion, chopped                                       | 1/4 tsp salt                       |
| 2 cloves garlic, minced (or 1 tsp garlic powder)       | 1/4 tsp pepper                     |
| 4-5 medium yellow squash, diced into bite sized pieces | 1 tsp red pepper flakes (optional) |
| 1 tbsp Italian seasoning (dried basil & oregano)       | 12-16oz whole wheat pasta (1 box)  |
| 3 tbsp oil   | 1/2 cup parmesan cheese (optional) |

### Directions:

1. Preheat oven to 425F. Bring a large pot of salted water to a boil.
2. In a bowl, combine onion, garlic, squash, Italian seasoning, oil, salt, pepper, and red pepper flakes (if using). Stir until veggies are well coated.
3. Spread veggies in a single layer on a baking sheet. Bake for 20-30 minutes, turning halfway through, or until veggies are tender and slightly browned.
4. While veggies are roasting, cook the pasta according to the directions on the package. Reserve 1/2 cup of pasta water. Drain pasta and return to pot.
5. Remove squash from the oven. Add the cooked veggies to the pot with the drained pasta and mix to combine. Add some of the reserved pasta water to moisten and make a sauce.
6. Transfer mixture to a serving bowl. Top with cheese, if desired.

## Summer Squash & White Bean Salad

### Ingredients:

- |   |                             |
|---|-----------------------------|
| 4 cups yellow squash, diced                     | 1/4 cup apple cider vinegar |
| 1 cup red onion, chopped                        | 1/2 tbsp chopped rosemary   |
| 1 (19oz) can cannellini beans, drained & rinsed | salt & pepper to taste      |
| 2 tbsp oil                                      |                             |

### Directions:

1. In a large bowl, combine yellow squash, onion, and beans.
2. In a small bowl, mix oil, vinegar, rosemary, salt, and pepper. Pour oil mixture over bean-squash mixture and toss.
3. Chill, serve and enjoy! Refrigerate leftovers. Make 10 servings.
4. Feel free to add other vegetables of your choosing!

\*Recipe from Share Our Strength's Cooking Matters™