

Foods For Thought

From the Vegetable Garden Team of Eden Mill

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Featuring:

SUMMER SQUASH



Presented by
Harford County
Master
Gardeners
and
Family &
Consumer
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Educator

Summer Squash and Zucchini Casserole

Ingredients

4 zucchini and yellow squash, washed and cut into ¼-inch slices
2 ½ Tbsp. olive oil
1 tsp. salt divided
½ tsp. pepper
⅓ cup Parmesan cheese grated
⅓ cup Panko or seasoned breadcrumbs
¼ tsp. garlic powder

Sprinkle ½ teaspoon salt over the squash slices. Let sit for 10 minutes and then dab to remove excess moisture with a paper towel.

Preheat oven to 350°. Lightly grease a 9-inch

square baking dish. Alternating, overlap zucchini and squash in rows. Drizzle olive oil over the zucchini and squash and then sprinkle with salt and pepper. In a small bowl combine Parmesan cheese, breadcrumbs, and garlic powder. Toss to combine and then sprinkle over the zucchini and squash. Cover baking dish with aluminum foil and bake in preheated oven for 30 minutes. Remove foil and turn heat to a high broil for a moment or two. Serves 6.

Nutrition Information per serving:

Calories 112; Carbohydrates 8g; Fat 8g; Sodium 502 mg, Fiber 2g

Zucchini Bread

Ingredients

2 cups washed, unpeeled, shredded zucchini
3 cups flour
1 1/2 cups sugar
1 teaspoon cinnamon
1 teaspoon salt
1 teaspoon baking powder
3/4 teaspoon baking soda
1 cup chopped nuts (optional)
1 cup vegetable oil
3 eggs

Preheat oven to 350°. Meanwhile, In a large bowl combine flour, sugar, cinnamon, salt, baking powder, baking soda, zucchini, and nuts (if using). In another bowl beat eggs and oil. Pour over flour mixture and stir until moistened. Pour into 9x5x3 loaf pan. Bake for 1 1/2 hours. Cool in pan for 15 minutes, invert on rack, turn top side up and cool. Serves 8.

Nutrition Information per serving:

Calories 264; Carbohydrates 46g; Protein 5g; Fat 7g; Sodium 232mg; Fiber 2g

Roasted Zucchini and Yellow Squash

Ingredients

2 medium zucchini, washed and cut into chunks
2 medium yellow squash, washed and cut into chunks
1 tablespoon olive oil
1 teaspoon salt
½ teaspoon ground black pepper
½ teaspoon garlic powder

Preheat oven to 425°. Grease roasting pan with olive oil. Chop zucchini and yellow squash and put into large bowl. Drizzle olive oil over squash and add seasonings. Mix until squash is evenly coated. Pour squash into roasting pan and spread it out until it evenly covers the pan. Bake 15 to 20 minutes, stirring once until cooked through. Serves 6.

Nutrition Information per serving:

Calories 42; Carbohydrates 4g; Protein 1.6g; Fat 2.6g; Sodium 204mg; Fiber 3g



Who said this?

*Mommy served zookeenie and summer squash tonight.
She said I had to taste it. I said I'd take one bite.
But first I ate some chicken and then a piece of bread.
I poked it with my fork but drank some milk instead.
I finally found the courage to take a little nibble,
And just like that, I ate it all, and didn't even quibble!*

- Ann Blocher, Master Gardener

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie."

- Jim Davis, American Cartoonist,
creator of Garfield

Believe It or Not!

1. Squash is a very old food crop. There is evidence of its cultivation going back at least 8,000 B.C. in Central Mexico, Peru, and the Eastern United States.
2. Squash (along with corn and beans) formed the staple diet of Mesoamerican Indians. They called these three crops "The Three Sisters".
3. Squash is actually a fruit, since it flowers and produces seeds.
4. Squash comes from the Narragansett Indian word "askutasquash". This roughly translates into "eaten raw or uncooked".
5. President Washington and President Jefferson both grew squash in their gardens.
6. A zucchini can grow 1 inch per day.



What is...a Squash?

Squash is in the gourd family with pumpkins. It is usually served as a cooked vegetable, and the seeds and blossoms may also be cooked and eaten. Summer squashes, such as zucchini, pattypan, and yellow crookneck squash are quick-growing and small-fruited unless you miss picking a hidden zucchini in your garden, and then the fruit can grow to be gigantic. These gigantic mistakes have large, are less tender and most frequently used in zucchini bread. The fruit of summer squash can vary from cream to yellow, green, and sometimes variegated. They develop rapidly and should be harvested a few days after they form before the seeds and rinds harden. The average medium squash is between 6-9 inches and weights about ½ lb.



Health Benefits


Also known as summer squash, yellow varieties of squash provide numerous health benefits. The vegetable is high in vitamins A, B6, and C, folate, magnesium, fiber, riboflavin, phosphorus, and potassium. Yellow squash is also rich in manganese. This mineral helps to boost bone strength and helps the body's ability to process fats and carbohydrates.

Zucchini is also rich in nutrients. It is also high in antioxidants, contributes to digestion, may reduce blood sugar levels and may improve heart health.

Source: Healthline



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