

Plate it up! Kentucky Proud - Radio Scripts

### **Italian Chicken Summer Squash Skillet**

1 minute

Whether it's spring, summer, fall or winter, you can Plate it up! Kentucky Proud using recipes that put a new twist and a new taste on your favorite Kentucky Proud foods. No Kentucky garden or farmers market would be complete without summer squash. While yellow squash and zucchini are the most popular varieties of summer squash, they grow in a wide array of vibrant yellows and vivid greens. Because most varieties of summer squash are similar in texture and flavor, they are interchangeable in recipes. Today's featured recipe, Italian Chicken Summer Squash Skillet, is just as tasty with zucchini or yellow squash or a mixture of the two. Remember, if it isn't growing in your own backyard, you can find many Kentucky Proud products at your local farmers market. For this delicious Plate it up! Kentucky Proud recipe and information about using KY Proud fruits and vegetables, stop by the xxxxx County Cooperative Extension Service Office or visit [plateitup.ca.uky.edu](http://plateitup.ca.uky.edu). This is Jane Doe for the University of Kentucky Cooperative Extension Service helping you to Plate it up! Kentucky Proud!

2 minute

Whether it's spring, summer, fall or winter, you can Plate it up! Kentucky Proud using recipes that put a new twist and a new taste on your favorite Kentucky Proud foods. No Kentucky garden or farmers market would be complete without summer squash. While yellow squash and zucchini are the most popular, other varieties of summer squash grow in a wide array of shapes and sizes in creams, yellows and vivid greens. As with most vegetables, squash is low in calories and high in vitamin C and fiber. Summer squash offers many easy versatile preparation options as it can be eaten baked, boiled, broiled, fried, or steamed. Because most varieties of summer squash are similar in texture and flavor, they are interchangeable in recipes. Today's featured recipe, Italian Chicken Summer Squash Skillet, is just as tasty with zucchini, yellow squash or even a patty pan. Or perhaps you would like to mix it up a little with a mixture of a couple varieties. Remember, if it isn't growing in your own backyard, you can find many Kentucky Proud products at your local farmers market. For this delicious Plate it up! Kentucky Proud recipe and information about using KY Proud fruits and vegetables, stop by the xxxxx County Cooperative Extension Service Office or visit [plateitup.ca.uky.edu](http://plateitup.ca.uky.edu). This is Jane Doe for the University of Kentucky Cooperative Extension Service helping you to Plate it up! Kentucky Proud!