



Squash Supreme

4 cups sliced summer squash
1 medium onion, sliced
½ cup diced red bell pepper
1 cup fat free sour cream
1 - 10¾ ounce can reduced fat cream of chicken soup
1½ cups dry corn bread stuffing mix
¼ cup melted margarine

- 1. Preheat** oven to 350° F.
- 2. Steam** the summer squash, onion, and red bell pepper until slightly tender.
- 3. Combine** sour cream and cream of chicken soup. Add steamed vegetables to soup mixture and toss to coat.
- 4. Combine** corn bread stuffing mix and melted margarine.
- 5. Place** half the stuffing mixture in the bottom of a greased 2-quart casserole dish.
- 6. Add** vegetable mixture; **top** with remaining stuffing mix.
- 7. Bake** for 45 minutes or until mixture bubbles.

Yield: 8, ½ cup servings

Nutrition Analysis: 170 calories; 7 g fat; 1.5 g sat fat; 5 mg cholesterol; 370 mg sodium; 22 g carbohydrate; 3 g fiber; 7 g sugar; 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Squash Supreme

4 cups sliced summer squash
1 medium onion, sliced
½ cup diced red bell pepper
1 cup fat free sour cream
1 - 10¾ ounce can reduced fat cream of chicken soup
1½ cups dry corn bread stuffing mix
¼ cup melted margarine

- 1. Preheat** oven to 350° F.
- 2. Steam** the summer squash, onion, and red bell pepper until slightly tender.
- 3. Combine** sour cream and cream of chicken soup. Add steamed vegetables to soup mixture and toss to coat.
- 4. Combine** corn bread stuffing mix and melted margarine.
- 5. Place** half the stuffing mixture in the bottom of a greased 2-quart casserole dish.
- 6. Add** vegetable mixture; **top** with remaining stuffing mix.
- 7. Bake** for 45 minutes or until mixture bubbles.

Yield: 8, ½ cup servings

Nutrition Analysis: 170 calories; 7 g fat; 1.5 g sat fat; 5 mg cholesterol; 370 mg sodium; 22 g carbohydrate; 3 g fiber; 7 g sugar; 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Kentucky Summer Squash

SEASON: June through October.

NUTRITION FACTS: Summer squash is low in calories, containing only 20 calories per cup raw. It contains vitamins A and C and is naturally free of fat, cholesterol, and sodium.

SELECTION: Popular summer squashes include yellow crookneck, yellow straight-neck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when young and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested at 6 to 8 inches in length. Patty pan squash are ready when they are 3 to 4 inches or less in diameter.

STORAGE: Place unwashed squash in plastic bags and store in the crisper drawer of the refrigerator. Wash just before preparation. Use within two or three days.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: Summer squash is a mild-flavored vegetable and combines well with herbs and seasonings. Try it with basil, allspice, rosemary, and marjoram. Cook as a vegetable or use in stews, casseroles, and main dishes. It can be grilled, steamed, boiled, sautéed, fried, eaten raw in salads, or used in stir fry recipes.

SUMMER SQUASH

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students

May 2011

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.

COOPERATIVE
EXTENSION
SERVICE



Kentucky Summer Squash

SEASON: June through October.

NUTRITION FACTS: Summer squash is low in calories, containing only 20 calories per cup raw. It contains vitamins A and C and is naturally free of fat, cholesterol, and sodium.

SELECTION: Popular summer squashes include yellow crookneck, yellow straight-neck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when young and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested at 6 to 8 inches in length. Patty pan squash are ready when they are 3 to 4 inches or less in diameter.

STORAGE: Place unwashed squash in plastic bags and store in the crisper drawer of the refrigerator. Wash just before preparation. Use within two or three days.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: Summer squash is a mild-flavored vegetable and combines well with herbs and seasonings. Try it with basil, allspice, rosemary, and marjoram. Cook as a vegetable or use in stews, casseroles, and main dishes. It can be grilled, steamed, boiled, sautéed, fried, eaten raw in salads, or used in stir fry recipes.

SUMMER SQUASH

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition
and Food Science students

May 2011

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/fcs.

COOPERATIVE
EXTENSION
SERVICE

