

## Yellow Squash Ribbons

- 1 teaspoon olive oil
- 4 medium yellow squash
- **1 cup** red onion, vertically sliced, very thin
- 1 clove minced garlic

1. Shave the outer part of the squash into ribbons using a vegetable peeler, making sure to avoid the core and seeds.

**2. Heat** olive oil in a large non-stick skillet over medium heat.

1/4 cup Parmesan cheese

blend

1/2 teaspoon salt free seasoning

1/4 teaspoon black pepper

**3. Add** squash, onion and garlic.

**4. Cook** approximately 5 minutes or until the onion is tender.

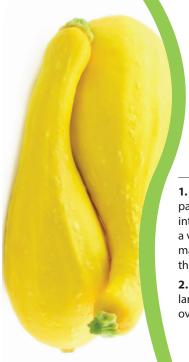
**5. Remove** from heat and **add** seasoning blend, black pepper and cheese.

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

Yield: 4, ½ cup servings. Nutrition Analysis: 90

calories, 4 g fat, 2 g sat. fat, 10 mg cholesterol, 260 mg sodium, 10 g carbohydrate, 3 g fiber, 5 g sugar, 5 g protein.





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## Kentucky Summer Squash

#### SEASON: June through October

NUTRITION FACTS: Squash is low in calories, with the raw vegetable containing only 20 calories per cup.

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 are ready when they are 3 to 4 inches or less in diameter.

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

Source: www.fruitsandveggiesmatter.gov

**PREPARATION:** Summer squash is a mild-flavored vegetable that 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 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
June 2012

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