



## Yellow Squash Ribbons

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

- ½ teaspoon** salt free seasoning blend
- ¼ teaspoon** black pepper
- ¼ cup** Parmesan cheese

**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.

**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.

**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.

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



## Yellow Squash Ribbons

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

- ½ teaspoon** salt free seasoning blend
- ¼ teaspoon** black pepper
- ¼ cup** Parmesan cheese

**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.

**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.

**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.

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:** 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](http://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

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](http://www.ca.uky.edu/fcs).

COOPERATIVE  
EXTENSION  
SERVICE



# 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](http://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

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](http://www.ca.uky.edu/fcs).

COOPERATIVE  
EXTENSION  
SERVICE

