

# Italian Chicken Summer Squash Skillet

1 red bell pepper, diced  
1 yellow bell pepper, diced  
1 sweet onion, diced  
2 large tomatoes, diced  
3-4 garlic cloves, finely diced

3 medium summer squash, sliced crosswise  
1 cup whole grain rotini pasta, uncooked  
1¼ pounds boneless skinless chicken breast  
Nonstick cooking spray

1 (8-ounce) can tomato sauce  
2 tablespoons dried Italian seasoning  
½ cup shredded Parmesan cheese  
Salt and pepper, to taste

**Slice** squash into ¼ inch pieces.

**Combine** all vegetables, with garlic in a bowl. **Set** aside. **Cook** pasta according to package directions. **Cut** chicken into bite size pieces. **Spray** large nonstick skillet with cooking spray; **heat** to medium.

**Add** chicken; **cook** 6 minutes or until no longer pink, stirring occasionally. **Add** vegetable mixture to the skillet. **Add** tomato sauce and dried Italian seasoning. **Stir** well. **Increase** heat, **cover** and **bring**

to a boil. **Reduce** heat to medium; **cook** 10 minutes or until summer squash is tender, stirring occasionally. **Stir** cooked pasta into chicken/vegetable mixture. **Sprinkle** with cheese. Season as needed.

**Yield:** 8 servings

**Nutritional Analysis:** 200 calories, 4.5 g fat, 2 g saturated fat, 50 mg cholesterol, 300 mg sodium, 19 g carbohydrate, 3 g fiber, 8 g sugars, 20 g protein.



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# Summer Squash

**SEASON:** June through October.

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

**SELECTION:** Popular summer squashes include yellow crookneck, yellow straightneck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when small 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 squashes are ready when they are 3-4 inches in diameter or less.

**STORAGE:** Store unwashed squash in plastic bags in the crisper drawer of the refrigerator. Wash the squash just before preparing. The storage life of summer squash is brief. Plan to use within two to three days.

**PREPARATION:** Summer squash is a mild flavored vegetable and combines well with herbs and

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

seasonings. Try it with basil, allspice, rosemary and marjoram. Cook summer squash as a vegetable or use in stews, casseroles and main dishes. Summer squash can be grilled, steamed, boiled, sautéed, fried or used in stir-fry recipes.

**PRESERVING:** Select small squash with small seeds and a tender rind. Wash and cut into ½ inch slices and heat in boiling water for 3 minutes. Cool promptly in cold water and drain. Pack in containers leaving ½ inch headspace. Seal and freeze.

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## SUMMER SQUASH

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