

Squash



What is squash?

Summer squash is a tender, warm-season vegetable. Summer squash differs from fall and winter squash in that it is selected to be harvested before the rind hardens and the fruit matures.

How to choose squash.

- Choose young squash with tender skin
- Pick up squash to make sure it is firm and heavy
- Check skin for cuts, blemishes and mushy spots
- Check the stem for discoloration and shrivel

Nutritional Information:

Squash are high in vitamin C, beta-carotene and potassium.

Storage:

Keep summer squash in the refrigerator in a plastic bag. It will keep for 3 to 4 days.

Freezing:

Wash and cut in 1/2-inch slices. Water blanch 3 minutes. Cool promptly, drain and package, leaving 1/2-inch headspace. Seal and freeze.

Recipes

Recipe from About.com

Summer Squash Bake

- 1/4 cup chopped onions
- 3 tablespoons butter
- 3 hard cooked eggs, chopped
- 3 summer squash, diced, about 3 cups
- 2 eggs, beaten
- 1/3 cup half-and-half or yogurt
- 1/4 cup soft bread crumbs tossed with 1 tablespoon melted butter

In a saucepan, sauté onion in butter. In a large bowl, combine onions and butter with summer squash and chopped hard cooked eggs. Place squash mixture in a greased 1 1/2-quart casserole. Mix beaten eggs with half-and-half or yogurt; pour over squash in casserole. Sprinkle top with buttered bread crumbs. Bake at 350° for 30 minutes. Serves 6.

EASY SQUASH CASSEROLE

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- 6 med. squash (zucchini or yellow squash)
- 1 can mushroom soup
- Thyme
- 2 cups grated cheese

Slice squash in small pieces. Cover with water; cook down. Drain and put in greased casserole dish. Cover with soup and season with thyme. Cook 45 minutes in 350 degree oven. Put grated cheese on top. Return to oven until cheese melts.

EASY GRILLED VEGETABLES

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- 2 patty pan squash, about 2 inches
- 2 med. bell peppers, cut into 1 inch strips
- 1 lg. onion, cut into 1/2 inch slices
- 12 large mushrooms
- 1/3 c. Italian dressing

Grill squash and bell peppers 4 to 5 inches from medium coals for 5 minutes, turning and brushing with dressing 1 or 2 times. Add onions and mushrooms. Grill 5 to 10 minutes, turning and brushing vegetables with dressing 2 or 3 times, until tender.