

# Summer Squash



**Vegetable Subgroup:** Other

**Serving Size per Meal Contribution:** 1/4 cup pared, cubed, cooked vegetable

1 lb AP = about 4 cups grated

About 2 cups salted and squeezed

About 3.5 cups sliced or chunked

About 1.25 cups mashed

About 3 to 4 servings

**Peak Season:** *May to August*

*Summer squash (also known as vegetable or Italian marrow), is a tender, warm-season vegetable that can be grown throughout the United States anytime during the warm, frost-free season. Summer squash differs from fall and winter squash in that it is selected to be harvested before the rind hardens and the fruit matures.*

*Summer squash has a mild flavor and is delicious eaten raw or cooked. Because many of its nutrients are hidden within its skin, leave the peel on when serving summer squash.*

## Storage

Summer squash may be placed in plastic bag and stored in the refrigerator for up to 1 week.

## Preparation

To prepare summer squash to cook or eat, wash well and cut off ends. Summer squash does not need to be peeled before it is eaten. However, because squash is 95% water it can make recipes watery. Remove as much water as possible before cooking by blanching whole squash or salting shredded, sliced or julienne squash.

## Cooking

Summer squash can be cooked and seasoned many ways.

**Baking:** Cleaned squash can be sliced or left whole and baked with seasonings, herbs, and other vegetables. Try it with onions, tomatoes, and breadcrumbs for a tasty dish. Cook in a 350°F oven for 30 to 35 minutes. Young, tender squash cut in slices or halves take less time to cook. Larger, tougher squash should be seeded before baking.

**Steaming:** Cleaned squash can be cut into bite-sized pieces or rounds and placed in a steaming basket over 1 inch of water. Cover squash, bring water to a boil, and steam for 4 to 5 minutes. Small squash (1 to 2 inches long) can be steamed whole, but will take 10 to 12 minutes.

**Sautéing or stir-frying:** Both methods are great ways to prepare squash. Slices or chunks can be sautéed in a little oil, in water, or in stock. Add squash to a stir-fry with other light-flavored vegetables. Stir and toss the vegetables while cooking. The cooking time for both methods is only 3 to 6 minutes.

**Salting:** Dice or cut squash into thin slices then sprinkle the surfaces with salt (1/2 teaspoon salt is enough for a pound of squash). Place the salted squash in a colander and let stand for about half an hour. Rinse the squash and pat dry.

## Hints and Tips

- Summer squash has a mild flavor; try cooking with dried herbs such as basil or rosemary, or spices like cinnamon or nutmeg to add flavor.
- Summer squash can be grilled, steamed, boiled, sautéed, fried or used in stir fry recipes. They mix well with onions, tomatoes and okra in vegetable medleys.
- Summer squash can be used interchangeably in most recipes and can be substituted for eggplant, as well as carrots, in recipes.
- Sliced, chopped, or shredded summer squash can be added to soups, casseroles, and stuffing.

# Types of Summer Squash

There are four types of summer squash and a multitude of varieties. While the most popular is zucchini, all types of summer squash are alike enough to be mixed in recipes.



## Zucchini

The shape of a zucchini is very similar to that of a cucumber. Its skin is deep to medium green, with paler green spots or stripes. It can be prepared using a variety of cooking techniques, including steamed, boiled, grilled, stuffed and baked, barbecued, fried, or incorporated in other recipes such as soufflés and breads.

**Did you Know?** The flower of the zucchini plant is preferred over the fruit in some places and is often fried or stuffed.

### Nutrition Facts

Serving Size 1 cup, chopped (124g)

#### Amount Per Serving

**Calories** 20      Calories from Fat 2

#### % Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

**Cholesterol** 0mg      0%

**Sodium** 12mg      1%

**Total Carbohydrate** 4g      1%

Dietary Fiber 1g      5%

Sugars 2g

**Protein** 2g

Vitamin A 5% • Vitamin C 35%

Calcium 2% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

### Nutrition Facts

Serving Size 1 cup slices (130g)

#### Amount Per Serving

**Calories** 23      Calories from Fat 2

#### % Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

**Cholesterol** 0mg      0%

**Sodium** 1mg      0%

**Total Carbohydrate** 5g      2%

Dietary Fiber      0%

Sugars

**Protein** 2g

Vitamin A 3% • Vitamin C 39%

Calcium 2% • Iron 3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com



## Patty Pan

Patty pan is also called cymling or scallop squash. This is a green-white, disk-shaped squash. Its flesh is white and tender. Yellow patty pan squash (such as Sunburst) is similar but more cup-shaped. Scallopini is the name of a smaller green scalloped version.

**Did you know?** Squash was one of the "three sisters" planted by Native Americans, along with maize (corn) and beans.

# Types of Summer Squash

## Yellow Crookneck

This squash is bottle shaped with a thin, curved swan-like neck.

Yellow crookneck squash has yellow sometimes bumpy skin and yellow flesh.



## Yellow Straightneck



This squash forms a cylinder that gets thinner at one end. A close relative of the crookneck, the yellow straightneck also may have bumpy skin but its flesh is a paler shade of yellow.

**Did you know?** Eating summer squash with the rinds on can help fight cancer because they are rich in beta-carotene, a natural antioxidant.

## Nutrition Facts

Serving Size 1 cup, sliced (130g)

### Amount Per Serving

**Calories** 25      Calories from Fat 3

### % Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

**Cholesterol** 0mg      0%

**Sodium** 3mg      0%

**Total Carbohydrate** 5g      2%

Dietary Fiber 2g      10%

Sugars

**Protein** 1g

Vitamin A 4% • Vitamin C 18%

Calcium 3% • Iron 3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com



## What's the Difference?



Contrary to reasonable assumption that the terms "Summer" squash and "Winter" squash denotes seasonal availability, this is not how the two classifications developed. In fact, "summer" types are on the market all winter; and "winter" types are on the markets in the late summer and fall, as well as winter. This terminology actually dates back to a time when the seasons were more crucial to man's survival than they are now. "Good keepers" became known as winter vegetables if they would "keep" until December.

Hence summer squash has very thin skin and winter squash has a thick tough rind preserving it longer.

# Summer Squash Recipes

## Autumn Vegetable Succotash

Serves: 8

### Ingredients:

- 1/4 cup olive oil
- 1 cup onion (diced)
- 2 garlic clove (finely chopped)
- 2 cups bell pepper (red, diced)
- 2 cups zucchini (diced)
- 2 cups summer squash (yellow, diced)
- 3 cups lima beans (frozen)
- 3 cups corn kernels (frozen)
- 2 tablespoons sage (fresh, coarsely)

- In a skillet over medium-high heat, add oil
- Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn.
- Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage and serve.

**Credit:** Centers for Disease Control and Prevention, More Matters Recipes



### Nutritional Information per Serving

Calories: 170	Carbohydrates: 25g
Total Fat: 8g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 4g
% of Calories from Fat: 41%	Sodium: 10mg
Protein: 3g	
Vitamin A 50%	Vitamin C 120%
Calcium 4%	Iron 6%

## Vegetarian Chili

Serves: 4

### Ingredients:

- 2 onions (large, - cut into 1/4 inch pieces)
- 1 green bell pepper (cut into 1/4 inch pieces)
- 3 garlic cloves
- 2 jalapeno chilies (fresh, diced)
- 2 tablespoons vegetable-oil
- 1 tablespoon chili powder
- 1 tablespoon cumin (ground)
- 1 can whole tomatoes (28 ounce, - cut into 1/4 inch pieces or 8 medium fresh tomatoes)
- 2 zucchini (medium, - cut into 1/4 inch pieces)
- 2 summer squash (medium, - cut in to 1/4 inch pieces)
- 1 can kidney beans (16 ounce, rinsed)
- 1 cup cilantro (or coriander) (chopped, fresh)
- salt and pepper (to taste)

- In a large pot sauté onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes - stirring often.
- Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally.
- Add the tomatoes, zucchini, squash, and bring mixture to a simmer. Simmer for 15 minutes, stirring occasionally.
- Add beans, and continue to simmer for another 5 minutes. Serve the mixture hot with remaining cilantro on top.

**Credit:** Johnson and Wales University and Rhode Island Department of Health WIC Program

### Nutritional Information per Serving

Calories: 330	Carbohydrates: 49g
Total Fat: 10g	Cholesterol: 0mg
Saturated Fat: 1g	Dietary Fiber: 14g
% of Calories from Fat: 27%	Sodium: 270mg
Protein: 13g	
Vitamin A 70%	Vitamin C 190%
Calcium 20%	Iron 25%