

SUMMER SQUASH

FUN FACTS

Summer squashes are native to North America and come in lots of different shapes and sizes. Zucchini and yellow squash are long and cylindrical, while varieties like patty pans look like flying saucers. Summer squash are comprised mostly of water (over 90%) and have a very mild flavor. They are harvested when they are still very young and tender—usually between 2 to 7 days after the squash plant flowers.

SOURCE: The Visual Food Encyclopedia



Summer squash is a great source of manganese, copper, and vitamin C.

NUTRITION

RECIPE: ZUCCHINI BREAD

YIELD: 1 LOAF (16 slices)

INGREDIENTS

3 eggs	1 1/2 cups whole wheat flour
1 cup sugar	1 tsp salt
1/4 cup vegetable oil	2 tsp baking soda
2 cups zucchini, grated	2 tsp cinnamon
1 tsp vanilla	1/2 tsp baking powder
1 1/2 cups all purpose flour	1/2 cup raisins

PREPARATION

1. Preheat oven to 325° F and lightly grease and flour a 9" x 5" loaf pan.
2. In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat.
3. In a separate bowl, measure dry ingredients and stir to combine. Add raisins.
4. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened.
5. Spoon batter into loaf pan.
6. Bake at 325° F for 50 minutes.
7. Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack.
8. Serve warm or allow to cool before slicing.

SOURCE: USDA Mixing Bowl

MEAL PATTERN
CONTRIBUTION

1.5 oz whole grain



RECIPE: HUMMUS

YIELD: 6 servings

INGREDIENTS

2 cups garbanzo beans, cooked	1 tablespoon sunflower seed butter
2 cloves garlic, minced	2 tablespoons olive oil
1/4 cup lemon juice	

PREPARATION

1. Mash the garbanzo beans until smooth (if using a blender or food processor, combine beans and lemon juice and blend until smooth).
2. Add the garlic, lemon juice, sunflower seed butter and oil. Mix well.
3. Serve with cut vegetables, such as zucchini or carrot sticks.

SOURCE: USDA Mixing Bowl



MEAL PATTERN
CONTRIBUTION

1/4 cup vegetable
OR
1.5 oz M/MA

