



Harvest of the Month

# SUMMER SQUASH

## RECIPE: SUMMER SQUASH CASSEROLE

### INGREDIENTS

- 1/2 lb diced summer squash
- 1/4 cup chopped onions
- 1 Tbsp olive oil
- 1/2 tsp salt
- 1/2 lb cream of chicken soup
- 1/4 lb sour cream
- 3 Tbsp melted butter
- 1/3 cup whole wheat bread crumbs
- 1/4 cup shredded mozzarella or cheddar cheese

YIELD: 5 - 1/2 cup SERVINGS



### PREPARATION

1. Sauté squash and onions together until tender. Drain any excess liquid.
2. Add other ingredients except bread crumbs. Spread into small casserole dish.
3. Crush bread crumbs and mix melted butter, then put on top of casserole. (May mix a few bread crumbs into mixture to reduce liquids)
4. Bake at 350° F for 30 minutes or until top is lightly browned and bubbling.

Adapted from: Burke County School Nutrition & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

1/4 cup other vegetable

## RECIPE: CALABACITAS CON ELOTE (ZUCCHINI WITH CORN)

### INGREDIENTS

- 1 Tbsp olive oil
- 4 cloves chopped fresh garlic
- 1 cup corn kernels (fresh if in season, or frozen and thawed)
- 1 cup red bell pepper cut into strips
- 1 cup diced summer squash
- 1 cup diced fresh tomatoes
- 1/4 cup chopped fresh cilantro
- 2 tsp Italian seasoning
- 1/2 tsp salt
- 1/4 cups vegetable broth

YIELD: 5 - 1/2 cup SERVINGS



### PREPARATION

1. Heat oil in a sauté pan or tilt skillet.
2. Add chopped garlic, just until lightly browned and fragrant.
3. Add corn and sauté until it begins to brown. Add green peppers and zucchini, stirring constantly until zucchini is fork tender.
4. Add tomato and cilantro.
5. Add Italian seasoning, salt, and vegetable broth, and bring to a simmer.
6. Serve hot or cold.

Adapted from: CIA Healthy Kids Collaborative & Healthy School Recipes

MEAL PATTERN CONTRIBUTION

1/2 cup vegetable

YIELD: 5 - 1/2 cup SERVINGS

## RECIPE: RAINBOW PASTA SALAD

### INGREDIENTS

- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1/2 tsp sugar
- 1 minced garlic clove
- 1/2 tsp salt

- 1/8 tsp fennel seeds
- Pinch ground coriander
- 1/2 tsp chopped fresh oregano
- 1/2 tsp chopped fresh thyme
- Pinch ground black pepper

- 2 cups cauliflower, cut into bite sized florets
- 1 1/4 cups sliced carrots
- 1 2/3 cups zucchini, or summer squash
- 2 1/8 cups whole grain rich rainbow rotini pasta

### PREPARATION

1. Combine the olive oil, lemon juice, sugar, garlic, salt, fennel seeds, coriander, oregano, thyme, and pepper in a pot. Boil for 5 minutes.
2. Add the cauliflower and simmer, covered, until tender but not mushy, 8-10 minutes.
3. Cut the zucchini lengthwise into halves (or fourths if they are large). Slice into 1-inch lengths, straight or on the diagonal.
4. Add the carrots and zucchini to the pot and continue to simmer, covered, until all the vegetables are cooked but still firm, about an additional 5-20 minutes, depending on power of the stove. Do not overcook; the vegetables will continue to cook as they cool in their dressing and will become mushy if overcooked.
5. Cool and chill the vegetables overnight in their dressing.
6. Cook pasta in lightly salted boiling water until tender, but still firm, 8-15 minutes, depending on method used.
7. Run pasta under cold water and drain well.
8. Toss pasta with the chilled vegetables and their dressing, adding a little water, if necessary.
9. Serve immediately.

Adapted from: Montana Harvest of the Month

MEAL PATTERN CONTRIBUTION

1/2 cup vegetable  
1/2 cup grain

