

SUMMER SQUASH



TRY THIS

- Add any variety of fresh summer squash to wraps and salads and serve with dips.
- Slice zucchini and yellow squash lengthwise and place on a hot grill for 2–3 minutes or until grill marks form. Flip to cook the other side and serve.
- Use summer squash in place of pasta. Microwave or steam sliced squash and top with marinara or pesto and herbs. To give squash the appearance of noodles, use a vegetable spiralizer.

BUYING AND STORING

- Select summer squash that is small and firm with no bruises.
- Store summer squash in the crisper drawer of the refrigerator dry and unwashed in an open plastic or paper bag for up to one to two weeks. Store cut summer squash in an airtight container for up to three days.
- Freeze blanched summer squash in an airtight bag or container for up to six months.
- Wash all fresh fruits and vegetables before using.

ZUCCHINI TURKEY SKILLET

Time: 25–30 minutes | Makes: 6 servings | Serving Size: 1½ cups


Nutrition Information Per Serving: Calories 172, Carbohydrate 12g, Dietary Fiber 4g, Protein 17g, Total Fat 7g, Saturated Fat 2g, Cholesterol 56mg, Sodium 78mg

INGREDIENTS

Non-stick cooking spray	2 teaspoons Italian seasoning
1 pound lean ground turkey	½ teaspoon garlic powder
1 medium onion, chopped	¼ teaspoon pepper
Two 14.5-ounce cans reduced or low-sodium, or no salt added diced tomatoes	2–3 medium zucchini, sliced

INSTRUCTIONS

1. Spray large skillet with cooking spray and bring to medium heat.
2. Add onions and cook until translucent.
3. Add ground turkey and cook until the meat is no longer pink, about 10 minutes.
4. Add canned tomatoes with juice, Italian seasoning, garlic powder, and pepper and simmer over medium heat, about 10–15 minutes.
5. Add zucchini and cook 2–3 minutes or until the zucchini is tender.
6. Taste and adjust seasoning if needed. Serve.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

CHANGE IT UP

- Replace turkey with lean ground beef, chicken, cooked lentils, or white beans.
- Use turmeric instead of Italian seasoning.
- Add diced bell peppers to Step 2 and corn to Step 5.