



Squash

Squash are fleshy vegetables protected by a hard rind. They belong to the plant family that includes melon and cucumbers.

Store: Place unwashed squash in plastic bag and store in refrigerator drawer for up to a week.

Prepare: Wash squash under cold water right before you are ready to cook or eat. Do not peel for full nutritional benefits of this vegetable.

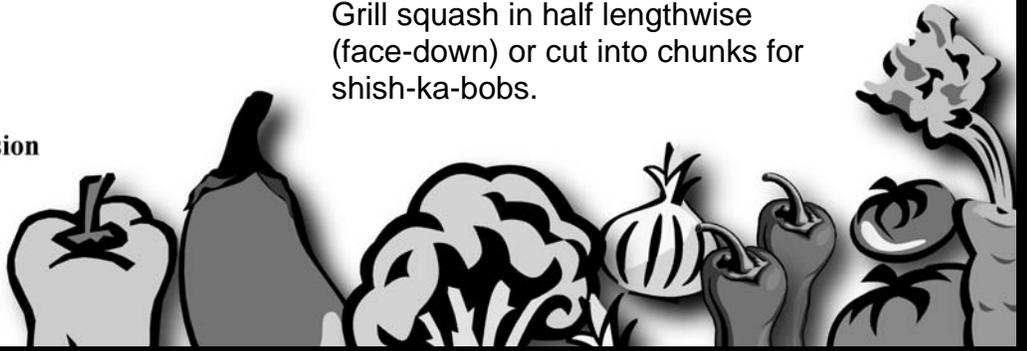
Serve: Can be eaten raw, broiled, steamed, fried, grilled, sautéed, or stir-fried.

Steam small squash whole, cut in half lengthwise or in larger chunks anywhere from 5-15 minutes to preserve texture. Check tenderness with a fork.

Grill squash in half lengthwise (face-down) or cut into chunks for shish-ka-bobs.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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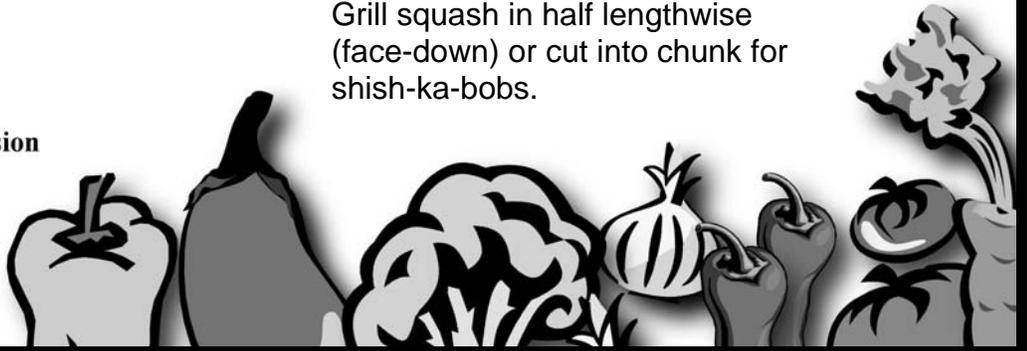
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Squash Recipe

Easy and Delicious Summer Squash Recipe

Ingredients

1-2 tbsp butter or olive oil
1/3 cup chopped onion
3 medium summer squash (yellow)
Salt and Pepper

Directions:

Melt butter in heavy, deep-sided skillet. Coarsely chop onion and add to the skillet. Sauté onion over medium-low heat for five minutes, stirring occasionally. Onions should be soft and transparent, but not browned on the edges. While

the onion is cooking, slice the summer squash in ¼ inch slices and then quarter the slices (about 4 cups of sliced squash). Add squash to skillet with onion and season with salt and pepper. Cook squash and onion over low heat for 15-20 minutes, stirring occasionally. Squash should be soft but not mushy.

Adjust the seasonings and serve as a tasty part of a simple, summer meal.

enjoy!



Source:
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