

Squash



What is squash?

Summer squash (also known as vegetable or Italian marrow), is a tender, warm-season vegetable. Summer squash differs from fall and winter squash in that it is selected to be harvested before the rind hardens and the fruit matures.

How to choose squash.

- Choose young squash with tender skin
- Pick up squash to make sure it is firm and heavy
- Check skin for cuts, blemishes and mushy spots
- Check the stem for discoloration and shrivel

Nutritional Information:

Squash are high in vitamin C, beta-carotene and potassium.

Preparation:

Keep summer squash in the refrigerator in a plastic bag. It will keep for three to four days.

Storage:

Wash and cut in 1/2-inch slices. Water blanch 3 minutes. Cool promptly, drain and package, leaving 1/2-inch headspace. Seal and freeze.

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Recipes

Recipe from About.com

Summer Squash Bake

- 1/4 cup chopped onions
- 3 tablespoons butter
- 3 hard cooked eggs, chopped
- 3 summer squash, diced, about 3 cups
- 2 eggs, beaten
- 1/3 cup half-and-half or yogurt
- 1/4 cup soft bread crumbs tossed with 1 tablespoons melted butter

Preparation:

In a saucepan, sauté onion in butter. In a large bowl, combine onions and butter with summer squash and chopped hard cooked eggs. Place squash mixture in a greased 1 1/2-quart casserole. Mix beaten eggs with half-and-half or yogurt; pour over squash in casserole. Sprinkle top with buttered bread crumbs. Bake at 350° for 30 minutes. Serves 6.

EASY SQUASH CASSEROLE

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- 6 med. squash (zucchini or yellow squash)
- 1 can mushroom soup
- Thyme
- Grated cheese

Slice squash in small pieces. Cover with water; cook down. Drain and put in greased casserole dish. Cover with soup and season with thyme. Cook 45 minutes in 350 degree oven. Put grated cheese (about 2 cups) on top. Return to oven until cheese melts.

EASY GRILLED VEGETABLES

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- 12 patty pan squash, about 2 inches
- 2 med. bell peppers, cut into 1 inch strips
- 1 lg. onion, cut into 1/2 inch slices
- 12 lg. mushrooms
- 1/3 c. Italian dressing

Grill squash and bell peppers 4 to 5 inches from medium coals for 5 minutes, turning and brushing with dressing 1 or 2 times. Add onions and mushrooms. Grill 5 to 10 minutes, turning and brushing vegetables with dressing 2 or 3 times, until tender.

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