

Yellow Squash

Good source of potassium and Vitamin B6
& excellent source of Vitamin C



Grilled Summer Squash Caprese

5 medium yellow summer squash, cut lengthwise into ¼" slices
5 T. olive oil
½ to 1 tsp. salt

½ tsp. black pepper
1 pint grape or cherry tomatoes, halved
½ cup fresh small basil leaves

Brush squash with 3 tablespoons oil; sprinkle with salt and pepper. For a charcoal grill, grill squash, cut sides up, on the rack of an uncovered grill directly over medium coals about 6 minutes or until crisp-tender, turning once. (For a gas grill, preheat grill. Reduce heat to medium, place squash on grill rack over heat. Cover and grill as above.) Arrange the squash, tomatoes and basil on a platter and drizzle with remaining oil. Makes 12 side-dish servings

Farmers Market Squash Sauté

1 medium yellow summer squash, cut into ¼" slices
1 medium zucchini, cut into ¼-inch slices
1 ½ tsp. olive oil
¼ cup grape tomatoes

1 garlic clove, minced
¼ cup shredded part-skim mozzarella cheese
1 T. minced fresh basil, Dash salt
1 T. grated Parmesan cheese

In a large skillet, sauté squash and zucchini in oil until crisp-tender. Add tomatoes and garlic; cook 1 minutes longer. Remove from the heat. Stir in the mozzarella, basil and salt. Sprinkle with Parmesan cheese. Makes 3 servings.

Summer Squash with Pasta

4 oz. rotini pasta
2 T. olive oil
1 clove garlic, minced
2 yellow summer squash, chopped into ½-inch cubes
2 zucchini, chopped into ½-inch cubes

½ tsp. salt
¼ tsp. black pepper
1½ cups corn (2 ears)
¼ cup basil, thinly sliced
4 ounces feta, crumbled

Prepare rotini according to package directions. In a large skillet, heat olive oil over medium heat. Add the garlic and sauté for 30 seconds. Stir in squash and sauté for 5-6 minutes. Add salt and pepper. Remove from heat and stir in corn and basil; add rotini and toss mixture with feta cheese. Serve warm. Makes 6 Cups.

Fresh Squash Chips

Cut 4 yellow squash into ¼-inch rounds. Combine squash, 4 cups water and ¼ tsp. salt in a large bowl. Cover and chill 30 minutes; drain and pat dry with paper towels. Serve with your favorite dip as an alternative to potato chips.

Grilled Vegetable Couscous

4 zucchini, cut into ¼" slices
2 yellow squash, cut into ¼" slices
1 small red onion, cut into ½" thick slices
1 red bell pepper
2 T. olive oil
Salt and pepper
1 box instant couscous

1 T. minced lemon zest
3 T. lemon juice
2 T. olive oil
2 cups halved cherry or grape tomatoes
½ cup chopped fresh parsley
¼ cup chopped green onions
3 oz. crumbled feta or goat cheese

Slice zucchini into ¼" slices. Toss in a bowl with Italian dressing. Place on a hot grill and grill about 4-5 minutes or until grill marks appear and the zucchini is slightly limp. Makes 3 servings.

Yellow Squash Muffins

2 pounds crookneck yellow squash
2 large eggs
1 stick butter, melted

½ cup applesauce
1 cup sugar
3 cups self-rising flour

Wash squash, trim ends, and cut into 1-inch slices. Cook in a small amount of water for 15-20 minutes. Drain well and mash. Measure 2 cups of the cooked squash and combine with eggs, butter, and applesauce. Set mixture aside. Combine dry ingredients in a large bowl. Make a well in the center of the mixture, then add squash mixture and stir only until moist. Spoon mixture into greased or sprayer muffin tins, filling about ¾ full. Bake at 375 degrees for 20 minutes, or until toothpick inserted in center of muffin comes out clean. Makes 18 muffins.

Yellow Squash Spaghetti

8 oz. cooked spaghetti noodles
4 cloves garlic, thinly sliced
3 T. olive oil
6 yellow squash julienned (about 10 cups)
Salt and pepper to taste

2 T. fresh lemon juice
½ cup grated parmesan or pecorino cheese
½ cup thinly sliced fresh basil
1 T. minced lemon zest
Shredded parmesan or pecorino cheese, for garnish

Drain cooked spaghetti noodles. Sauté garlic in oil in a large sauté pan over high heat until fragrant, 30 seconds. Stir in squash then season with salt and pepper. Cook zucchini and squash until wilted, 1 minute, then add lemon juice; cook until both squash are fork-tender, 2 minutes more. Remove from heat; then stir in spaghetti, cheese, basil and zest; garnish. Makes 4 servings.

Sautéed Squash and Tomatoes

3 thick hickory-smoked bacon slices
1 cup chopped sweet onion
3 garlic cloves, minced
1 T. chopped fresh thyme
1 tsp. chopped fresh oregano
1 bay leaf

8 cups squash
2 cups cherry tomatoes, halved
2 T. butter
1 T. red wine vinegar
Salt and pepper

Sauté bacon in a large skillet over medium-high heat 8 minutes or until crisp; remove bacon, and drain on paper towels, reserving 2 T. drippings in skillet. Sauté onion and next 4 ingredients in hot drippings 4 minutes or until onion is tender. Add squash; cook, stirring occasionally, 10 minutes. Remove from heat, and stir in butter and vinegar. Season with salt and pepper to taste.