

# SQUASH

## QUICK TIPS

- Grate summer squash into an omelet.
- Slice and eat fresh in salads or as part of a cold vegetable platter.
- Steam chopped summer squash in a small amount of water for 5 minutes. Season with pepper.
- Remember to rinse all fruits and vegetables.

## KEY POINTS

- For the best buy, choose summer squash (yellow or green) that is firm and without soft spots.
- To prepare summer squash, scrub and rinse skins. Cut off ends before using.
- To store fresh, refrigerate in an open plastic bag for up to 3 days.
- Summer squash contains potassium, which is good for a healthy heart.

## SKILLET SUMMER SQUASH (Makes 8 Servings)

### INGREDIENTS:

- 2 teaspoons vegetable oil
- 2 garlic cloves, minced
- 3 green or yellow summer squash, sliced thick
- 1 cup corn
- 1 3/4 cups chopped tomatoes
- Black pepper to taste (optional)



### DIRECTIONS:

- In a large frying pan, heat oil over medium heat.
- Add garlic, summer squash and corn. Cook for 2 minutes.
- Add tomatoes and black pepper.
- Cover pan and simmer for 5 minutes or until squash is tender.
- Serve hot and enjoy!
- Refrigerate leftovers.