

11 Quick Recipes & Facts About Zucchini & Summer Squash!



1. Skip the peeler!: A lot of the healthy stuff in zucchini & summer squash is located in or near the skin. Instead of peeling, simply rinse off the veggies under cold running water to remove dirt & germs.

2. Dice 'em up!: Diced zucchini & summer squash can be added to soups, stir-fries, chilis, stews, spaghetti sauce & rice. They can also be enjoyed raw, mixed into pasta salad, grain salads & green salads.

3. Marvelous manganese!: Manganese is a mineral that helps promote strength by building strong & healthy bones & connective tissues. Manganese is also used to make steel – it's what makes steel strong enough to build bridges and skyscrapers!

4. Cut into coins!: Sliced zucchini & summer squash make a great topping for pizza or taste great layered into lasagna.

5. 5 a day!: Zucchini & summer squash are a vegetable – include them in your 5 servings of fruits & veggies a day.

6. Vitamin C!: The vitamin C in summer squash & zucchini helps us stay healthy by supporting our immune systems, preventing colds & other infections. Vitamin C is also an antioxidant that can help protect our bodies from the damage caused by pollution.

7. Savory pancakes!: Add grated squash & zucchini to whole wheat pancake mix, along with some garlic powder & chopped spring onion. Serve with a dab of sour cream for a savory, summery side dish.

8. Fabulous fiber!: The fiber in summer squash & zucchini aids digestion & promotes a healthy gut.

9. On the grill!: Slice zucchini & squash lengthwise, into planks & spray lightly with high-heat cooking oil. Place on hot grill or grill pan & sprinkle with salt & pepper. Grill for 5-10 mins., until tender & charred, flipping once.

10. Thicken up soups!: Cook & puree squash & zucchini to use as a creamy soup base.

11. Preserving!: Shred & freeze zucchini & squash to preserve. Use thawed veggies in breads, muffins, casseroles & quiches.

See other side for another recipe & complete summer squash nutrition facts... 

Summer Squash Egg Bake

Ingredients

- 1 TBS butter or cooking oil
- 1 large onion, chopped
- 4 garlic cloves, minced or 1/2 tsp garlic powder
- 3 cups zucchini &/or summer squash, chopped or shredded
- 4 eggs, beaten
- 1/4 cup minced fresh or dried herbs (try oregano, basil, thyme, parsley, marjoram)
- 1/4 cup shredded cheese
- Salt & pepper



Directions

1. Preheat oven to 350° & heat a large oven-safe skillet* with the oil.
2. Sauté onion in skillet until translucent, about 5 mins. Add garlic & sauté for 1 min. more. Stir in squash/zucchini, sprinkle with salt & pepper & sauté until tender, about 5 mins.
3. Spread out veggie mix evenly in skillet & sprinkle cheddar cheese & herbs over it.
4. Pour egg mix evenly into skillet & cook over medium heat until edges begin to set. Transfer skillet to oven & bake until center is firmly set (about 10-12 mins).

* Alternatively, prepare veggies as directed, then place in an oven-safe dish & continue with recipe.

Zucchini & Summer Squash Nutrition

Nutritional data & images courtesy of NutritionData.com

1 cup, chopped w/ skin, raw

Nutrition Facts	
Serving Size 1 cup, chopped 124g (124 g)	
Amount Per Serving	
Calories 20	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 12mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 2g	
Vitamin A 5%	Vitamin C 35%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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1 cup, sliced w/ skin, cooked

Nutrition Facts	
Serving Size 1 cup, sliced 180g (180 g)	
Amount Per Serving	
Calories 29	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	10%
Sugars 3g	
Protein 1g	
Vitamin A 40%	Vitamin C 14%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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