

Squash Bread

Serves 20

Serving Size: 1 slice

Ingredients

3 eggs	1 teaspoon salt
1½ cup sugar	2 teaspoons baking soda
½ cup vegetable oil	1 teaspoon cinnamon
3 cups squash (grated)	½ teaspoon baking powder
2 teaspoon vanilla	½ cup raisins (optional)
1½ cups flour (all purpose)	
1½ cups whole wheat flour	

Directions

1. Preheat oven to 325 °F and lightly grease and flour two 9x5 loaf pans.
2. In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and mix well.
3. In a separate bowl, measure dry ingredients and stir to combine. Add raisins if desired.
4. Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened.
5. Spoon evenly into two loaf pans.
6. Bake at 325 °F for 50 minutes. Test for doneness by inserting a toothpick in the center. Toothpick should come out clean.
7. Allow loaves to cool 5 to 10 minutes, then turn out onto a cooling rack. Slice and serve warm.



Nutrition Information (per serving)

Calories: 187	Sodium: 254mg
Fat: 6g	Carbohydrate: 30g
Saturated Fat: 1.5g	Fiber: 1g
Cholesterol: 25mg	Protein: 3g

Summer Chili

Serves 8

Serving Size: about 1.5 cups

Ingredients

1 pound lean ground beef or turkey
1 cup each onion, carrots, and bell pepper, diced
½ teaspoon garlic powder
15.5 ounces canned, diced tomatoes
15.5 ounces canned, low-sodium Kidney Beans
2 cups water
1½ tablespoons chili powder
2 cups summer squash

Directions

1. Brown meat in a large pot over medium heat until no longer pink. Drain off fat.
2. Add onions, carrots, green peppers, and garlic powder. Cook until onion softens.
3. Stir in tomatoes, beans, water, chili powder, and salt. Cook until chili comes to a simmer. Reduce heat and cook, uncovered, 20 minutes. Stir occasionally.
4. Add squash and simmer, uncovered, about 10 minutes longer.



Nutrition Information (per serving)

Calories: 187	Sodium: 230mg
Fat: 4g	Carbohydrate: 13g
Saturated Fat: 1.5g	Fiber: 4.5g
Cholesterol: 51mg	Protein: 21g

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FCS834

Arkansas Foods

Let's eat some...

Summer SQUASH



LOTS of Vitamins C & B6
and Carotenoids in THERE!

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Why eat squash?

Summer squash is a good source of **vitamin C**. In fact, a ½ cup of summer squash provides 15% of the daily recommended amount of Vitamin C! Summer squash has no fat and no cholesterol, which makes it a great option to include in meals. Summer squash has many uses and can be eaten alone or incorporated into soups and baked items, such as casseroles. Some can even be used as substitutions for pasta noodles!

Impressive, though this squash is far too big to eat.



Grow

Summer squash grows on **nonvining bushes**. They are usually planted mid to late April and it takes around 50 days to reach maturity. Like the name suggests, summer squash likes the sunshine and they are grown during the frost-free months because they do not like cold temperatures. They also require well-drained, loose soil. Summer squash are best eaten when the skin is very soft and tender. They do not store well for long periods of time, so it is best if they are eaten within one week. The different types of summer squash include: yellow crookneck, yellow straightneck, scallop squash (Patty Pan), Zephyr straightneck, and zucchini.

Buy

Summer squashes can grow quite large, but when allowed to do so, they have coarse, stringy flesh and large seeds. **Fresh** squash tastes best when small to medium in size – not more than 7 inches long. Choose squashes that are also firm and fairly heavy for their size. Look for squashes with sound, glossy exteriors free of nicks, pits, bruises, or soft spots. Squash should be plump not shriveled.

You can find **canned or frozen** squash year-round at your local grocery store.

Store

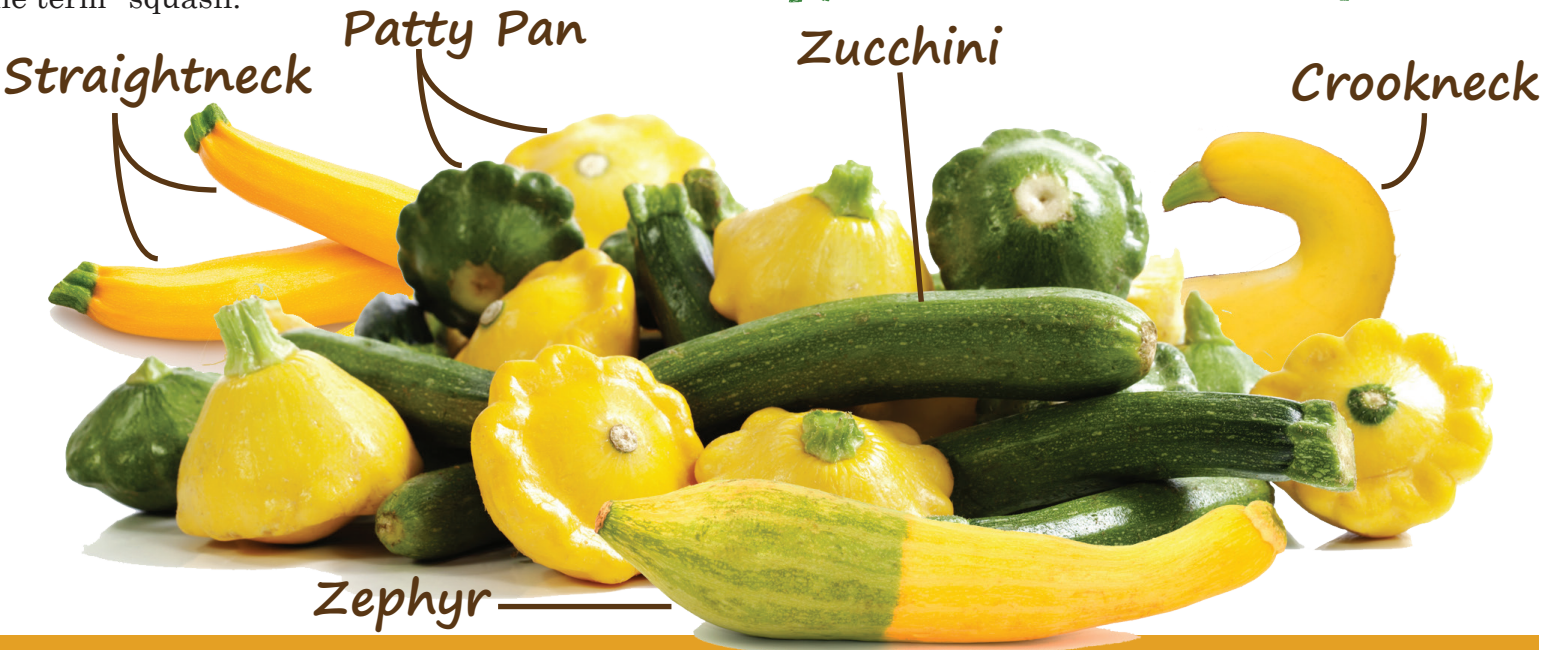
Place summer squash in plastic bags and store in the crisper drawer of your refrigerator and **refrigerate for up to a week**.

Prepare

Wash fresh squash well and **trim** the ends. Summer squash should not need to be peeled or seeded. Squash can be prepared in various ways when used as a side dish or added to other recipes. Because squash is mostly water, it will exude a lot of liquid during cooking. If you want to prevent a cooked dish containing squash from becoming “waterlogged,” **salt** cut squash 30 minutes before cooking. **Rinse and drain** the squash well after salting. Then **pat dry** with paper towels. Proceed with recipe.

Arkansas Squashes

Warm soil is needed for proper growth of squash plants, so they are planted directly into the ground after the last frost has passed. This is generally after April 1st in southern Arkansas, between April 10th and 15th in central Arkansas, and between April 21st and 30th in northern Arkansas and anywhere with higher elevations. Want to find an Arkansas squash grower? Visit <https://ar.foodmarketmaker.com/> and search for the term “squash.”



Did you know?

Squash is part of the **vegetable** group? Check out the chart below to find out the amount of vegetables recommended for you and your family may want to eat each day.

Recommended Daily Amount of Vegetables		
Children	2-3 years old	1 cup
	4 -8 years old	1½ cups
Girls	9-13 years old	2 cups
	14-18 years old	2½ cups
Boys	9-13 years old	2½ cups
	14-18 years old	3 cups
Women	19-50 years old	2½ cups
	51+ years old	2 cups
Men	19-50 years old	3 cups
	51+ years old	2½ cups

Types of Summer Squash

What’s a zuchini’s favorite sport?

Squash!

