COULEE REGION
Farm to School
LOCAL FOODS, HEALTHY KIDS

SLICE UP SUMMER SQUASH

Select – Choose glossy, small- to medium-size squash.

Store – Refrigerate and use within 3-4 days.

Prepare – Grill, steam, boil, or saute. You can even eat the skin!

Summer Squash is the Harvest of the Month!

Add summer squash to your favorite family meals:

- Saute chopped squash to add to pasta, burritos, or quesadillas.
- Serve raw slices to dip in hummus.
- Bake thin slices to make crispy zucchini chips.

Make meals and memories together. It's a lesson kids will use for life.

Did You Know?

Zucchini is the most popular summer squash grown in Wisconsin. Other types include yellow straightneck, yellow crookneck, Patty pan, and Mexican squash (calabacita).

wisconsin **harvest** of the month

Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

Recipe of the month

Stuffed Summer Squash   Serves 4

Ingredients:
- 2 summer squash
- 3 cups cooked brown rice
- 1 cup diced tomatoes
- 1 cup squash pulp (from summer squash listed above)
- 1 cup white beans, drained and rinsed
- 1 tablespoon fresh basil or 1 tsp dried basil
- 4 tablespoons Parmesan cheese

Directions:
Wash and cut squash in half, lengthwise. Remove the large seeds. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy). Scoop out a good amount of pulp (1 cup), place in a bowl and mix with stuffing (brown rice through Parmesan cheese). Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture.Top with grated Parmesan cheese. Bake at 350°F for about 30 minutes.

Per serving: 287 calories, 3g fat, 12g protein, 55g carbohydrate, 9g fiber, 194mg sodium

Source: laxf2s.org

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