



# Summer Squash

**Prepared by:**  
**Connie Bretz**  
**Walnut Creek Extension District**  
**Family and Consumer Science Agent**



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# Summer Squash

Squash has been a staple for the Native Americans for more than 5000 years, and was a mainstay for early Europeans who settled in America. George Washington and Thomas Jefferson were enthusiastic squash growers.

Summer squash is a tender, warm-season vegetable that can be grown throughout the United States anytime during the warm, frost-free season.

Summer squash differs from fall and winter squash in that it is selected to be harvested before the rind hardens and the fruit matures. It grows on bush-type plants that do not spread like the plants of fall and winter squash and pumpkin. A few healthy and well-maintained plants product abundant yields. Summer squash have thin, edible skins and tender flesh.

## Popular Varieties of Summer Squash



**Scallop or Patty Pan:** is round and flattened like a plate with scalloped edges, usually white but sometimes yellow or green. The flesh is firm and sweet. Also called scallopini. Harvest time for scallop squash depends on the variety. Many are best “teacup size” and others are still good eating at full maturity.



**Zucchini:** This squash has a firm texture and mild flavor. Most zucchini are elongated, although one variety grows in small balls the size of an orange or grapefruit. Zucchini is the most popular of the summer squashes. It became popular in the 1950's in American gardens. The name “zucchini” is a derivation of an Italian word meaning “sweetest.”



**Constricted Neck:** is thinner at the stem end than the blossom end, classified as either “**crook-neck**” or “**straightneck**” depending on if the stem end is straight or bent, and is usually yellow.

## Harvesting

Because summer squash develop very rapidly after pollination, they are often picked when they are too large and overmature. They should be harvested when small and tender for best quality.

Most elongated varieties are picked when they are 2 inches in diameter and 6-8 inches long. Patty pan types are harvested when they are 3-4 inches in diameter.

Slightly larger fruit may be salvaged by hollowing out and using them for stuffing. These larger fruits may also be grated for baking in breads and other items.

Do not allow summer squash to become large, hard and seedy because they sap strength from the plant that could better be used to produce more young fruit. Squash grow rapidly; especially in hot weather and are usually ready to pick within 4-8 days after flowering.

## Selection

When selecting summer squash at the store or farmers market choose small squash with bright, shiny skins and a firm texture. Don't worry about a few surface scratches as they are unavoidable since the skins of summer squash are so tender.

Avoid stale or overmature squash as these usually have enlarged seeds and dry, stringy flesh.

## Storage

Store zucchini and other summer squash in a perforated plastic bag in the refrigerator, where they will keep for 3-4 days. Wash the squash just before preparation.

## Squash Blossoms

Squash blossoms are edible flowers, raw or cooked. Both summer and winter squash blossoms can be battered and fried in a little oil for a wonderful taste sensation. Harvest only the male blossoms unless the goal is to reduce production. Male blossoms are easily distinguished from the female blossoms. The stem of the male blossom is thin and trim. The stem of the female blossom is very thick. At the base of the female flower below the petals is a small bulge, which is the developing squash.

Always leave a few male blossoms on the vine for pollination purposes. There are always many more male flowers than female. The female blossom can be harvested with a tiny squash growing at the end and used in recipes along with full blossoms.

Cut squash blossoms at midday when the petals are open, leaving one inch of stem. Gently rinse in a pan of cool water and store in ice water in the refrigerator until ready to use. The flowers can be stored for a few hours or up to 1 or 2 days.



## Nutritional Value

Because summer squash is immature, they are considerably lower in nutritional value than their winter counterparts. Generally, there is little variation in nutritional value between varieties.

Summer squash is moderately high in dietary fiber and folate (folic acid). If this vegetable is prepared without added fat or salt, it is naturally low in calories, fat, and sodium.

The skin and rind of summer squash are rich in the nutrient beta-carotene, but the fleshy portion of this vegetable is not. To gain the full nutritional benefits of this vegetable, the skin or rinds must be eaten. 1 cup of zucchini: 16 calories, 1.31 grams protein, 3.27 grams carbohydrates, 1.36 grams dietary fiber.

## Preparation

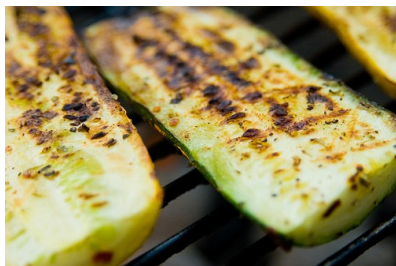
Wash squash and trim their ends. Small and moderate sized squash have edible skin. With oversized summer squash, it's best to peel the tough skin and scoop out the seeds. Discard any dry, pulpy parts.

Squash can be precut for later use, covered with a damp towel, and refrigerated for several hours. To use squash in baking breads and muffins, grate the raw vegetable and blot it with paper towels to remove some of the excess liquid.

## Cooking and Serving

Summer squash can be steamed, baked, grilled, boiled, sautéed, or used in stir fry recipes. They mix well with onions, tomatoes and okra in vegetable medleys. Summer squash can be used interchangeably in most recipes. Sliced summer squash cooks in less than 10 minutes if boiled or pan-fried.

- An easy way to prepare summer squash is to cut green and yellow varieties into julienne sticks or thin slices, and sauté in a little olive oil until they just begin to soften and brown. Add chopped garlic, fresh herbs, salt, and pepper and cook another minute or two. Drizzle with fresh lemon juice and serve.
- To grill, cut small squash in half lengthwise, lightly oil the cut surface, and put on the grate just until lightly charred and tender.
- Thick sticks of zucchini, resembling fat French fries, can be briefly roasted, then used for dipping into savory sauces.
- Stuff blanched patty pan squash with crumbled feta and top with fresh garlic bread crumbs.
- Add small cubes of cooked summer squash to pasta sauces.
- Make zucchini ribbons to garnish salads by running a cheese planer lengthwise down the sides of a raw zucchini.
- Add cooked squash along with tomato, herbs, and onion to omelets for a Mediterranean-style brunch.
- Squash blossoms can be stuffed as an appetizer. Fill blossoms with herbed goat cheese, for example, then pinch shut and sauté briefly in hot oil. Drain on paper towels and serve.
- Herbs and spices that enhance the flavor of summer squash include marjoram, cumin seeds, parsley, dill, rosemary and savory. Too many herbs and spices mask the delicate flavor of summer squash so use herbs and spices sparingly.





## Preservation

Canning is not recommended because the tender summer squash will simply turn to mush during processing, unless you are making pickles. Zucchini can be substituted for cucumbers in some pickle recipes.

Blanch and freeze cubes or slices of summer squash or grate and freeze Zucchini, unblanched for making Zucchini bread. The best way to use over grown (10-12 inch) zucchini is to grate it and use in zucchini bread. Cut the squash in half lengthwise and cut away the seedy middle section.

Wash, grate and freeze in one cup portions.

**To Freeze:** Rinse, cut off ends. Do not peel. Cut into 2 inch slices or cubes. Place up to 6 cups at a time into 1 gallon boiling water. Boil 2 minutes. Cool immediately for 3 minutes in ice water. Drain. Pack into freezer bags and seal, or into freezer containers. Leave 2 inch of air space before sealing.

**Or:** Grate squash. Pack 1 to 2 cups into freezer bags or small containers.

## Drying Zucchini

Choose young, slender zucchini. Wash zucchini. Cut into 1/4 inch slices or 1/8 inch slices for chips. Dry at 125 degrees F until brittle. Use in soups and casseroles. Sprinkle zucchini chips with seasoned salt and serve with dips. Water content 94%.



References: K-State Research and Extension, University of Illinois Extension, Fruits and Veggies Matter-CDC, University of Arkansas Extension, Readers Digest, Vegetables for Vitality.

## Veggie Barley Salad

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1 1/4	cups	reduced-sodium chicken broth or vegetable broth	3	tablespoons	olive oil
		water	2	tablespoons	white wine vinegar
3/4	cup		1	tablespoon	water
1	cup	quick cooking barley	1	tablespoon	lemon juice
1	medium	tomato, seeded and chopped	1	tablespoon	minced fresh basil or 1 tsp. dried basil
1	small	zucchini, halved and thinly sliced	1/2	teaspoon	salt
1	small	sweet yellow pepper, chopped	1/4	teaspoon	pepper
			1/4	cup	slivered almonds, toasted
2	tablespoons	minced fresh parsley			
		Dressing			

- 1 In a small saucepan, bring the broth, water and barley to a boil. Reduce heat; cover and simmer for 10-12 minutes or until barley is tender. Remove from the heat; let stand for 5 minutes.
- 2 In a large bowl, combine the tomato, zucchini, yellow pepper and parsley. Stir in barley. In a small bowl, whisk the oil, vinegar, water, lemon juice, basil, salt and pepper. Pour over barley mixture; toss to coat. Cover and refrigerate for at least 3 hours. Just before serving, stir in almonds. Yield: 6 servings.

### Cooking Times

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Preparation Time: 30 minutes

### Nutrition Facts

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Nutrition (per serving): 211 calories, 10g total fat, 0mg cholesterol, 334mg sodium, 27g carbohydrates, 7g fiber, 6g protein.

## Zucchini Carrot Muffins

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2	cups	shredded carrot	1 1/4	cups	sugar
1	cup	shredded zucchini	1	tablespoon	ground cinnamon
1	cup	chopped peeled apple	2	teaspoons	baking soda
3/4	cup	flaked coconut	1/2	teaspoon	salt
1/2	cup	chopped almonds	3		eggs, lightly beaten
2	teaspoons	grated orange peel	3/4	cup	canola oil
2	cups	all purpose flour	1	teaspoon	vanilla extract

- 1 Gently toss together carrot, zucchini, apple, coconut, almonds and orange peel; set aside.
- 2 In a large bowl, combine flour, sugar, cinnamon, baking soda and salt. Combine eggs, oil and vanilla; stir into dry ingredients just until moistened (batter will be thick).
- 3 Fold in carrot mixture. Fill greased or paper-lined muffin cups two-thirds full.
- 4 Bake at 375° for 20-22 minutes or until muffins test done. Cool in pan 10 minutes before removing to a wire rack. Yield: 18 standard size muffins.

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 20 minutes

### Nutrition Facts

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Nutrition (per serving): 249 calories, 13g total fat, 35mg cholesterol, 231mg sodium, 30g carbohydrates, 2g fiber, 4g protein.

## Summer Spaghetti Salad

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1 package	(16 ounces) pasta	2	tablespoons	grated parmesan cheese
3 medium	tomatoes, diced	1 1/2	teaspoons	sesame seeds
3 small	zucchini, diced	1 1/2	teaspoons	poppy seeds
1 large	cucumber, halved, seeded and diced	1/2	teaspoon	paprika
1 medium	green pepper, diced	1/4	teaspoon	celery seed
1 medium	sweet red pepper, diced	1/8	teaspoon	garlic powder
1 bottle (8 oz.)	Italian salad dressing			

- 1 Cook spaghetti according to package directions; drain and rinse in cold water. Place in a large bowl; add tomatoes, zucchini, cucumber and peppers.
- 2 Combine remaining ingredients; pour over salad and toss to coat. Cover and refrigerate for at least 2 hours. Yield: 16 servings.

### Cooking Times

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Preparation Time: 20 minutes

### Nutrition Facts

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Nutrition (per serving): 137 calories, 1g total fat, 150mg sodium, 27g carbohydrates, 5g protein.

## Tuna Pasta Salad

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2 cups	macaroni, uncooked	1/4 cup	carrots, sliced
2	6 1/2-oz. cans tuna, canned, water- pack	1/3 cup	onion, diced
1/2 cup	zucchini, chopped	1/4 cup	salad dressing, mayonnaise-type

- 1 Cook macaroni according to package directions. Drain.
- 2 Drain tuna.
- 3 Wash vegetables. Chop zucchini; slice carrots into thin slices; dice onions.
- 4 Mix macaroni, tuna, and vegetables together in mixing bowl. Stir in salad dressing.
- 5 Chill until ready to serve.

Servings: 4

### Nutrition Facts

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Nutrition (per serving): 123 calories, 5 calories from fat, <1g total fat, 2.8mg cholesterol, 217.4mg sodium, 286.7mg potassium, 24.9g carbohydrates, 1.6g fiber, 1.9g sugar, 4.5g protein.

## Lemon Rosemary Zucchini

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1 tablespoon	extra virgin olive oil	2 cups	chopped zucchini (2 medium)
1 medium	yellow bell pepper diced	1-3	teaspoons freshly squeezed lemon juice, or to taste
2 teaspoons	finely minced fresh rosemary		salt and freshly ground black pepper to taste

In medium non-stick skillet, heat olive oil over medium heat. Add yellow pepper and rosemary and sauté 2 minutes. Add zucchini and salt and pepper, to taste. Continue to sauté for another 4 to 5 minutes or until zucchini is just tender. Remove from heat and stir in lemon juice.

### Nutrition Facts

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Nutrition (per serving): 46 calories, 3g total fat, 6mg sodium, 4g carbohydrates, 1g fiber, 1g protein.

## Source

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Source: American Institute for Cancer Research and featured in the revised edition of The New American Plate

Web Page: [www.aicr.org](http://www.aicr.org)

## Three-Cheese Kielbasa Bake

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12 ounces	uncooked elbow macaroni	1 jar	(26 ounces) spaghetti sauce
2 pounds	kielbasa or Polish sausage, halved lengthwise and sliced	1 can	(14 1/2 ounces) stewed tomatoes
1 tablespoon	olive oil	1	egg, lightly beaten
2 medium	onions, chopped	1	carton (15 ounces) ricotta cheese
2 medium	zucchini, quartered and sliced	2 cups	(8 ounces) shredded cheddar cheese
2 medium	carrots, grated	2 cups	(8 ounces) part-skim shredded mozzarella cheese
1/2 teaspoon	minced garlic	2	green onions, chopped

- 1 Cook macaroni according to package directions. Meanwhile, in a large skillet, brown sausage in oil over medium heat; drain. Add the onions, zucchini, carrots and garlic; cook and stir for 5-6 minutes or until crisp-tender.
- 2 Stir in spaghetti sauce and tomatoes. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes. Drain macaroni.
- 3 In each of two greased 13x9" baking dishes, layer a fourth of the macaroni and meat sauce. Combine egg and ricotta cheese; spoon a fourth over sauce. Sprinkle with a fourth of the cheddar and mozzarella. Repeat layers. Top with green onions.
- 4 Cool one casserole; cover and freeze for up to 2 months. Cover and bake the remaining casserole at 350° for 15 minutes. Uncover; bake 15 minute longer or until cheese is melted.
- 5 To use frozen casserole: Thaw in the refrigerator for 24 hours. Remove from the refrigerator 30 minutes before baking. Cover and bake at 350° for 35-40 minutes or until heated through. Yield: 2 casseroles (8-10 servings each).

## Cooking Times

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Preparation Time: 55 minutes

Cooking Time: 30 minutes

## Tips

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To use frozen casserole: Thaw in the refrigerator for 24 hours. Remove from the refrigerator 30 minutes before baking. Cover and bake at 350° for 35-40 minutes or until heated through.

## Sausage Zucchini Skillet

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1 pound	Italian turkey sausage links, casings removed	1 can	(14 1/2 ounces) no-salt-added diced tomatoes, undrained
2 large	zucchini, chopped	1/4 teaspoon	pepper
1 large	sweet onion, chopped	2 cups	hot cooked rice
2	garlic cloves, minced		

- 1 Crumble sausage into a large nonstick skillet coated with cooking spray. Add zucchini and onion; cook and stir over medium heat for 4 minutes. Add garlic; cook and stir until meat is no longer pink. Drain.
- 2 Stir in tomatoes and pepper; bring to a boil. Reduce heat; simmer, uncovered, for 4-5 minutes or until liquid is evaporated. Serve with rice. Yield: 4 servings.

## Cooking Times

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Preparation Time: 25 minutes

### Nutrition Facts

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Nutrition (per serving): 329 calories, 11g total fat, 68mg cholesterol, 724mg sodium, 36g carbohydrates, 5g fiber, 23g protein.

## Confetti Long Grain and Wild Rice

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2	packages	(6 ounces each) long grain and wild rice	1	medium	carrot, chopped
			2		green onions, thinly sliced
1	small	yellow summer squash, finely chopped	1/4 to 1/2	teaspoon	salt
			2	teaspoons	olive oil
1	small	zucchini, finely chopped			
1	small	sweet red pepper, finely chopped			

- 1 Cook rice according to package directions. Meanwhile, in a large skillet, sauté the yellow squash, zucchini, red pepper, carrot, onions and salt in oil for 4-5 minutes or until vegetables are tender.
- 2 Transfer rice to a serving bowl; add vegetable mixture and toss gently. Yield: 8 servings.

### Cooking Times

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Preparation Time: 25 minutes

### Nutrition Facts

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Nutrition (per serving): 95 calories, 1g total fat, 0mg cholesterol, 363mg sodium, 19g carbohydrates, 2g fiber, 3g protein.

## Ham and Vegetable Linguine

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1	package	(8 ounces) linguine	1/2	cup	frozen peas
1/2	pound	fresh asparagus, trimmed and cut into 1 inch pieces	3		green onions, sliced
1/2	pound	fresh mushrooms, sliced	1/4	cup	grated Parmesan cheese
1	medium	carrot, thinly sliced	1	teaspoon	dried basil
1	medium	zucchini, diced	3/4	teaspoon	salt
2	cups	julienne fully cooked ham			Dash ground nutmeg
1/4	cup	butter			Dash pepper
1	cup	heavy whipping cream			Additional Parmesan cheese, optional

- 1 Cook linguine according to package directions. Meanwhile, in a large skillet, sauté the asparagus, mushrooms, carrot, zucchini and ham in butter until the vegetables are tender.
- 2 Add the cream, peas, onions, Parmesan cheese, basil, salt, nutmeg and pepper; bring to a boil. Reduce heat; simmer for 3 minutes, stirring frequently.
- 3 Rinse and drain linguine; add to vegetable mixture and toss to coat.
- 4 Sprinkle with Parmesan cheese if desired. Yield: 4 servings.

### Cooking Times

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Preparation Time: 20 minutes

### Nutrition Facts

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Nutrition (per serving): 698 calories, 43g total fat, 153mg cholesterol, 1606mg sodium, 55g carbohydrates, 5g fiber, 28g protein.

## Cheesy Zucchini Rice Casserole

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1 cup	uncooked long grain rice	2 tablespoons	chopped onion
3 medium	zucchini, cut into 1/8 inch slices	1 tablespoon	minced fresh parsley
1 can	(4 ounces) chopped green chilies	1 teaspoon	salt
4 cups	(16 ounces) shredded Monterey Jack cheese, divided	1 teaspoon	dried oregano
2 cups	(16 ounces) sour cream	1 large	tomato, sliced
2 tablespoons	chopped green bell pepper		

- 1 Cook rice according to package directions. In a saucepan, cook zucchini in 1 in. of water until crisp-tender; drain and set aside. Place rice in a greased shallow 3-qt baking dish. Layer with chilies and 1 1/2 cups cheese. In a bowl, combine the sour cream, green pepper, onion, parsley, salt and oregano. Spread over cheese. Layer with zucchini and tomato. Sprinkle with remaining cheese.
- 2 Cover and bake at 350° for 30 minutes. Uncover; bake 5-10 minutes longer or until heated through and cheese is melted. Yield: 12 servings

### Cooking Times

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Preparation Time: 30 minutes

Cooking Time: 35 minutes

### Nutrition Facts

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Nutrition (per serving): 290 calories, 18g total fat, 60mg cholesterol, 460mg sodium, 17g carbohydrates, 1g fiber, 12g protein.

## Chicken Zucchini Casserole

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1 package	(6 ounces) stuffing mix	1 can	(10 3/4 ounces) condensed cream of chicken soup, undiluted
3/4 cup	butter, melted		
3 cups	diced zucchini	1 medium	carrot, shredded
2 cups	cubed cooked chicken breast	1/2 cup	chopped onion
		1/2 cup	sour cream

- 1 In a large bowl, combine stuffing mix and butter. Set aside 1/2 cup for topping. Add the zucchini, chicken, soup, carrot, onion and sour cream to the remaining stuffing mixture.
- 2 Transfer to a greased 2-qt baking dish. Sprinkle with reserved stuffing mixture. Bake, uncovered, at 350° for 40-45 minutes or until golden brown and bubbly. Yield 6 servings.

### Cooking Times

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Preparation Time: 20 minutes

Cooking Time: 45 minutes

### Nutrition Facts

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Nutrition (per serving): 481 calories, 31g total fat, 115mg cholesterol, 1174mg sodium, 27g carbohydrates, 2g fiber, 21g protein.

## Beef and Parmesan Pasta

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1 1/2 pounds	ground beef	2 cups	uncooked bow tie pasta
1 can	(14 to 14 1/2 ounces) ready-to-serve beef broth	2 cups	sliced zucchini (1/4 inch)
1 can	(15 1/2 oz) Italian-styled diced tomatoes, undrained	3/4 cup	grated Parmesan cheese

- 1 Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink,

breaking up into 3/4 inch crumbles. Remove from skillet with slotted spoon; set aside. Pour off drippings.

- 2 Combine broth, tomatoes and pasta in same skillet, pushing pasta into liquid; bring to a boil. Reduce heat to medium; simmer, uncovered, 15 minutes, stirring frequently. Stir in zucchini; continue cooking 5 minutes or until pasta is tender.
- 3 Return beef to skillet. Stir in 1/2 cup of the cheese; heat through. Sprinkle with remaining 1/4 cup cheese before serving.

Servings: 4

### Source

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Source: Kaiti Roeder, RD, Nebraska Beef Council and Cattlemen's Beef Board and National Cattlemen's Beef Association - Beef, It's What for Dinner.

## Zucchini Banana Bread

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1 1/2 cups	all purpose flour	1 cup	mashed ripe bananas
1 cup	sugar	1/2 cup	canola oil
1 teaspoon	ground cinnamon	1/2 teaspoon	banana extract
1/2 teaspoon	baking powder	1/2 teaspoon	vanilla extract
1/2 teaspoon	baking soda	1 cup	shredded zucchini
1/2 teaspoon	salt	1/2 cup	chopped walnuts
1	egg		

- 1 In a large bowl, combine the first six ingredients. In a small bowl, beat the egg, bananas, oil and extracts. Stir into dry ingredients just until moistened. Fold in zucchini and walnuts.
- 2 Transfer to three 5 3/4x3x2" loaf pans coated with cooking spray. Bake at 325° for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks. Yield: 3 mini loaves (6 slices each).

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 40 minutes

### Nutrition Facts

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Nutrition (per serving): 175 calories, 9g total fat, 12mg cholesterol, 116mg sodium, 23g carbohydrates, 1g fiber, 2g protein.

## Apple Zucchini Bread

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4 cups	all purpose flour	2 cups	sugar
1 tablespoon	baking soda	1 cup	packed brown sugar
1 1/2 teaspoons	ground cinnamon	1 tablespoon	vanilla extract
1/2 teaspoon	ground nutmeg	2 cups	shredded unpeeled zucchini
1/4 teaspoon	salt	1 cup	shredded peeled apples
5	eggs	1 1/2 cups	chopped pecans
1 1/2 cups	vegetable oil		

In a large bowl, combine flour, baking soda, cinnamon, nutmeg and salt. In another bowl, beat eggs. Add oil, sugars and vanilla. Pour over dry ingredients; mix well. Stir in zucchini, apples and pecans (batter will be stiff). Spoon into three greased 8x4" loaf pans. Bake at 350° for 50-55 minutes or until done. Cool in pans for 10 minutes before removing to a wire rack to cool completely. Yield: 3 loaves.

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 50 minutes



## Nutrition Facts

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Nutrition (per serving): 185 calories, 10g total fat, 22mg cholesterol, 100mg sodium.

## Pineapple Zucchini Bread

3	eggs	2	teaspoons	baking soda
2 cups	finely shredded zucchini	1 1/2	teaspoons	ground cinnamon
1 cup	vegetable oil	1	teaspoon	salt
1 can	(8 ounces each) crushed pineapple, drained	3/4	teaspoon	ground nutmeg
2 teaspoons	vanilla extract	1/2	teaspoon	baking powder
3 cups	all purpose flour	1	cup	chopped nuts
2 cups	sugar	1	cup	raisins, optional

- 1 In a large bowl, combine the eggs, zucchini, oil, pineapple and vanilla. Combine the dry ingredients; stir into egg mixture just until moistened. Fold in nuts and raisins if desired.
- 2 Pour into greased 8x4" loaf pans. Bake at 350° for 50-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool. Yield: 2 loaves

## Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 50 minutes

## Nutrition Facts

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Nutrition (per serving): 202 calories, 10g total fat, 20mg cholesterol, 166mg sodium, 27g carbohydrates, 1g fiber, 3g protein.

## Pumpkin Zucchini Bread

3	eggs, lightly beaten	1/2	teaspoon	baking soda
2 cups	sugar	1/2	teaspoon	salt
1 cup	canned pumpkin	1/2	teaspoon	ground cinnamon
1 cup	butter, melted	1/2	teaspoon	ground nutmeg
1 tablespoon	vanilla extract	1/2	teaspoon	ground cloves
3 cups	all purpose flour	1	cup	shredded zucchini
1 teaspoon	baking soda	1	cup	chopped walnuts

In a bowl, combine eggs and sugar. Add pumpkin, butter and vanilla. Combine dry ingredients; gradually add to pumpkin mixture and mix well. Stir in zucchini and nuts. Pour into two greased and floured 9x5" loaf pans. Bake at 350° for 45-50 minutes or until breads test done. Cool in pans 10 minutes. Remove to a wire rack. Yield: 2 loaves.

## Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 45 minutes

## Nutrition Facts

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Nutrition (per serving): 176 calories, 9g total fat, 35mg cholesterol, 147mg sodium.

## Pina Colada Zucchini Bread

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4	cups	all purpose flour	1 1/2	cups	canola oil
3	cups	sugar	1	teaspoon	each coconut, rum and vanilla extracts
2	teaspoons	baking powder			
1 1/2	teaspoons	salt	3	cups	shredded zucchini
1	teaspoon	baking soda	1	cup	canned crushed pineapple, drained
4		eggs	1/2	cup	chopped walnuts or chopped pecans

- 1 Line the bottoms of three greased and floured 8 x 4" loaf pans with waxed paper and grease the paper; set aside.
- 2 In a large bowl, combine the flour, sugar, baking powder, salt and baking soda. In another bowl, combine the eggs, oil and extracts. Stir into dry ingredients just until moistened. Fold in the zucchini, pineapple and walnuts.
- 3 Transfer to prepared pans. Bake at 350° for 45-55 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks. Gently remove waxed paper. Yield: 3 loaves (12 slices each).

### Cooking Times

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Preparation Time: 25 minutes

Cooking Time: 45 minutes

### Nutrition Facts

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Nutrition (per serving): 225 calories, 11g total fat, 24mg cholesterol, 165mg sodium, 29g carbohydrates, 1g fiber, 3g protein.

## Zucchini Peach Jelly

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6	cups	shredded peeled zucchini (about 4 medium)	1	can ( 8 oz)	crushed pineapple, with juice
			2	packages	(3 ounces each) peach or orange gelatin
6	cups	sugar			
2	tablespoons	lemon juice			

In a large saucepan or Dutch oven, combine zucchini, sugar, lemon juice and pineapple with juice; bring to a boil. Cook, stirring often, at a full boil for 10 minutes. Remove from the heat; stir in gelatin. Spoon into clean jelly jars. Cover and cool. Store in the refrigerator. Yield: 7 1/2 pints

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes

### Nutrition Facts

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Nutrition (per serving): 44 calories, 0mg cholesterol, 2mg sodium, 11g carbohydrates.

## Zucchini Boats

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2	medium	fresh zucchini, halved lengthwise	1/4	teaspoon	ground black pepper
2	teaspoons	cooking oil	3/4	cup	shredded feta or part-skim mozzarella cheese
1/2	medium	onion, chopped	1	cup	chopped fresh tomatoes, or canned with no added salt

- 1 Preheat oven to 475 degrees.
- 2 Using a tablespoon, scoop out zucchini center, forming "boats" with 1/4 inch borders. Arrange boats, cut sides down, on a baking sheet. Bake 15 minutes. Meanwhile, coarsely chop the zucchini centers. Set aside.
- 3 Heat oil in a skillet over medium heat. Add onion and pepper. Cook 5 minutes. Add chopped zucchini. Cook 10 minutes. Remove from heat and let cool for 5 minutes. Stir in cheese and tomatoes.
- 4 Turn zucchini boats cut sides up. Fill with the vegetable and cheese mixture. Bake 20 minutes. Serve hot.
- 5 Cover and refrigerate leftovers within 2 hours.

Servings: 4

### Nutrition Facts

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Nutrition (per serving): 110 calories, 7g total fat, 10mg cholesterol, 125mg sodium, 7g carbohydrates, 2g fiber, 7g protein.

### Source

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Source: K-State Research and Extension

## Easy Grilled Vegetables

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12	pattypan squash, about 1 inch in diameter	1/3	cup	Italian dressing
2	red or green bell peppers, each cut into 6 pieces			Freshly ground pepper, if desired
1	large	red onion, cut into 1/2 inch slices		

- 1 Place vegetables in rectangular baking dish, 13x9x2 inches. Pour dressing over vegetables. Cover and let stand 1 hour to blend flavors.
- 2 Heat coals or gas grill for direct heat. Remove vegetables from marinade; reserve marinade. Place vegetables in grill basket or directly on grill rack.
- 3 Cover and grill vegetables 4 to 5 inches from medium heat 10 to 15 minutes, turning and brushing vegetables with marinade 2 or 3 times, until crisp-tender. Sprinkle with pepper.

Servings: 6

### Cooking Times

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Preparation Time: 10 minutes

Total Time: 1 hour and 25 minutes

### Nutrition Facts

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Nutrition (per serving): 80 calories, 6g total fat, 120mg sodium, 8g carbohydrates, 2g fiber, 1g protein.

### Source

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Web Page: <http://www.bettycrocker.com>



## Stuffed Patty Pan Squash

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12 to 15		patty pan squash	3/4	cup	long grain white rice
1	tablespoon	olive oil	1/4	teaspoon	salt
2		green onions, finely chopped			dash black pepper
1	clove	garlic	1/2	cup	shredded Parmesan cheese plus more for sprinkling
2	cups	chicken broth	1	cup	chopped fresh spinach, about 3 ounces

- 1 Boil squash until just fork tender, about 20 minutes, depending on size.
- 2 Heat oven to 350°. Line a 9x13 inch baking pan with foil and spray with nonstick cooking spray.
- 3 Heat olive oil in a medium saucepan or sauté pan. Add green onions and garlic and cook, stirring, for 1 minute. Add the chicken broth and bring to a boil. Add rice, 1/4 teaspoon salt, and pepper. Reduce heat, cover, and simmer for 20 minutes, or until rice is tender. Stir in the 1/2 cup Parmesan cheese and spinach until spinach is wilted.
- 4 Cut part of the tops off of a squash and scoop out some of the interior, being careful not to break through the sides or bottom of the squash. Mound rice onto the squash using a spoon or cookie scoop. Repeat with remaining squash and arrange in the prepared baking pan. Sprinkle lightly with salt and pepper and sprinkle a little more Parmesan cheese over the squash.

Servings: 6

### Cooking Times

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Cooking Time: 45 minutes

Total Time: 45 minutes

### Source

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Web Page: <http://southerfood.about.com>

## Stuffed Pattypans

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4	large	pattypan squash (5 to 6 inches in diameter)	1/2	teaspoon	garlic salt
			1/2	teaspoon	salt
6		bacon strips	1/8	teaspoon	pepper
1	medium	onion, diced	1 1/2	cups	(6 ounces) shredded cheddar cheese, divided
1/2	cup	chopped green pepper			
1/2	cup	chopped sweet red pepper	1/2	cup	water
3	tablespoons	butter	3	slices	buttered toast, cubed
1/4	cup	all-purpose flour			paprika
1	cup	milk			

Place whole squash in a large saucepan or Dutch oven. Add just enough water to cover; sprinkle lightly with salt. Bring to a boil; cover and cook for 1-2 minutes or until tender. Remove squash with a slotted spoon, let stand until lukewarm. Meanwhile, in a skillet, cook bacon until crisp; drain, reserving 1 tablespoon drippings. Crumble bacon and set aside. In the drippings, sauté onion and peppers until tender; set aside. In a saucepan, melt butter; stir in flour until smooth. Gradually whisk in milk, garlic salt, salt and pepper; bring to a boil. Cook and stir for 2 minutes. Scoop out pulp from squash, leaving 1/2 in. shells. In a bowl, mash the pulp. Add bacon, onion-pepper mixture, white sauce and 3/4 cup cheese; mix well. Place squash shells in a greased shallow baking dish. Pour water around shells. Stuff shells with filling. Top with the toast cubes and remaining cheese; sprinkle with paprika. Bake, uncovered, at 375° for 30 minutes or until cheese is golden brown.

Servings: 4

## Cooking Times

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Preparation Time: 35 minutes

Cooking Time: 30 minutes

## Nutrition Facts

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Nutrition (per serving): 575 calories, 443 calories from fat, 49.7g total fat, 111mg cholesterol, 1313.2mg sodium, 320.5mg potassium, 11.5g carbohydrates, <1g fiber, 4.3g sugar, 20.4g protein.

## Source

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Source: <http://www.tasteofhome.com>

## Pattypan Saute

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2 cups	halved pattypan squash	1 medium	tomato , chopped
1 medium	onion, halved, sliced	1/2 teaspoon	salt
2 teaspoons	canola oil	1/2 teaspoon	Italian seasoning
2 cloves	garlic, minced	1/8 teaspoon	pepper
1 small	sweet red pepper, cut into 1/2 inch pieces	2 tablespoons	Parmesan cheese shredded
1 cup	sliced fresh mushrooms		

- 1 In a large nonstick skillet coated with cooking spray, sauté squash and onion in oil for 2 minutes. Add garlic; cook 1 minute longer. Add red pepper and mushrooms; sauté for 5-7 minutes or until vegetables are crisp-tender.
- 2 Stir in the tomato, salt, Italian seasoning and pepper; heat through. Sprinkle with cheese. Yield: 4 cups.

Servings: 4

## Cooking Times

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Preparation Time: 25 minutes

Total Time: 25 minutes

## Nutrition Facts

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Nutrition (per serving): 73 calories, 3g total fat, 2mg cholesterol, 343mg sodium, 9g carbohydrates, 2g fiber, 3g protein.

## Source

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Web Page: <http://www.tasteofhome.com>

## Three-squash Stew

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1 tablespoon	olive or vegetable oil	4 cups	1-inch pieces pattypan squash
1 large	onion, sliced	1 pound	green beans, cut into 1-inch pieces (3 cups)
1 clove	garlic, finely chopped	1 cup	fresh or frozen whole kernel corn
1	jalapeno chili, seeded and finely chopped	1 tablespoon	chopped fresh or 1 teaspoon dried thyme leaves
2 medium	zucchini, cut into 1/2 inch pieces (4 cups)	2 cans	(15 to 16 ounces each) kidney beans, undrained
2 medium	yellow summer squash, sliced (3 cups)		

- 1 Heat oil in 4-quart Dutch oven over medium heat. Cook onion, garlic and chili in oil about 2 minutes,

- stirring occasionally, until onion is tender.
- 2 Stir in remaining ingredients. Cook over low heat 10 to 15 minutes, stirring frequently, until squash is tender.

Servings: 6

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### Cooking Times

Preparation Time: 15 minutes

Total Time: 35 minutes

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### Nutrition Facts

Nutrition (per serving): 195 calories, 3g total fat, 500mg sodium, 41g carbohydrates, 12g fiber, 13g protein.

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### Source

Web Page: <http://www.bettycrocker.com>

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## Baby Zucchini and Patty Pan Squash Sautéed in Herb Butter

3	tablespoons	unsalted butter	1/2	teaspoon	freshly ground black pepper
2	cups	(about 1 pound) baby zucchini, stems removed and cut in half lengthwise	3/4	cup	(about 16 leaves) fresh basil, torn and loosely packed
2	cups	(about 3/4 pound) small yellow patty pan squash, trimmed and cut in half crosswise	1/2	cup	(about 32 leaves) fresh mint, loosely packed
1	teaspoon	sea salt			

In 10 inch heavy skillet over moderate heat, melt butter. Add zucchini and patty pans and sauté, stirring occasionally, until tender, 7 to 8 minutes. Transfer to large serving dish, sprinkle with salt and pepper, add basil and mint, and toss to combine.

Servings: 8

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### Source

Web Page: <http://www.epicurious.com>

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## Corn and Zucchini Melody

4	slices	bacon	1	small	onion, chopped
2	cups	chopped zucchini	1	pinch	pepper
1 1/2	cups	fresh corn kernels	1/4	cup	shredded Monterey Jack cheese

- 1 Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Reserve 1 tablespoon of drippings. Drain bacon, chop, and set aside.
- 2 Heat the bacon drippings in the skillet over medium heat. Sauté the zucchini, corn, and onion until tender but still crisp, about 10 minutes. Season with pepper. Spoon vegetables into a bowl, and sprinkle with chopped bacon and shredded cheese.

Servings: 5

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### Cooking Times

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Total Time: 30 minutes



## Nutrition Facts

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Nutrition (per serving): 123 calories, 5.4g total fat, 13mg cholesterol, 199mg sodium, 14.5g carbohydrates, 2.2g fiber, 6.3g protein.

## Source

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Web Page: <http://allrecipes.com>

## Calico Squash Casserole

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2	cups	sliced yellow squash	1	(10.75) ounce	can condensed cream of mushroom soup
1	cup	sliced zucchini			can sliced water chestnuts, drained
1		onion, chopped	1	(8 oz.)	carrot, shredded
1/4	cup	sliced green onion	1	large	mayonnaise
1	cup	water	1/2	cup	jar diced pimiento peppers, drained
1	teaspoon	salt, divided	1/2	(4 oz)	sage
2	cups	crushed buttery round crackers	1/2	teaspoon	white pepper
1/2	cup	melted butter	1	cup	shredded sharp Cheddar cheese

- 1 Preheat oven to 350 degrees F.
- 2 In a large saucepan combine yellow squash, zucchini, onion, green onion, water and 1/2 teaspoon salt. Cover and cook over medium heat about 6 minutes. Drain well and set aside.
- 3 In a medium bowl combine cracker crumbs and butter. Mix well and spread half of the mixture into the bottom of a 9x13 inch casserole dish.
- 4 In a large bowl combine soup, water chestnuts, carrots, mayonnaise, pimentos, sage, pepper and remaining 1/2 teaspoon salt. Fold in squash mixture and spoon over crumb crust. Sprinkle cheese on top, and then the remaining cracker crumbs.
- 5 Bake in preheated oven for 20 to 30 minutes, or until firm and heated through.

Servings: 8

## Cooking Times

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Preparation Time: 10 minutes

Cooking Time: 40 minutes

Total Time: 50 minutes

## Nutrition Facts

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Nutrition (per serving): 40 calories, 33.7g total fat, 51mg cholesterol, 1086mg sodium, 20g carbohydrates, 2.3g fiber, 6.3g protein.

## Source

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Web Page: <http://www.allrecipes.com>

## Yellow Squash Casserole

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4	cups	sliced yellow squash	3/4	cup	milk
1/2	cup	chopped onion	1/4	cup	butter, melted
35		buttery round crackers, crushed	1	teaspoon	salt
1	cup	shredded Cheddar cheese			ground black pepper to taste
2		eggs, beaten	2	tablespoons	butter

- 1 Preheat oven to 400 degrees F.
- 2 Place squash and onion in a large skillet over medium heat. Pour in a small amount of water. Cover, and cook until squash is tender, about 5 minutes. Drain well, and place in a large bowl.
- 3 In a medium bowl, mix together cracker crumbs and cheese. Stir half of the cracker mixture into the cooked squash and onions. In a small bowl, mix together eggs and milk, then add to squash mixture. Stir in 1/4 cup melted butter, and season with salt and pepper. Spread into a 9x13 inch baking dish. Sprinkle with remaining cracker mixture, and dot with 2 tablespoons butter.

Servings: 10

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### Cooking Times

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Total Time: 50 minutes

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### Nutrition Facts

Nutrition (per serving): 196 calories, 14.8g total fat, 74mg cholesterol, 463mg sodium, 10.3g carbohydrates, 1.3g fiber, 6.1g protein.

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### Source

Web Page: <http://www.allrecipes.com>

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## Southern Baked Yellow Squash

3	pounds	yellow summer squash, cut into 1- inch cubes	1	tablespoon	white sugar
			1	teaspoon	salt
1/2	cup	dry bread crumbs	1/2	teaspoon	black pepper
1/2	cup	chopped onion	1/4	cup	butter, melted
2		eggs	1/4	cup	dry bread crumbs
1/4	cup	butter, melted			

- 1 Preheat an oven to 375 degrees F. Grease a 2-quart baking dish.
- 2 Place the squash in a large saucepan, cover with water, and boil until soft, about 15 minutes. Drain the squash well, place in a large mixing bowl, and mash until slightly chunky. Stir in 1/2 cup of bread crumbs, onion, eggs, 1/4 cup of butter, sugar, salt, and pepper until thoroughly combined, and spread mixture into the prepared baking dish. Drizzle the top of the casserole with 1/4 cup melted butter, and sprinkle 1/4 cup bread crumbs over the butter.
- 3 Bake in the preheated oven until the casserole is cooked through and the top is golden brown, about 1 hour.

Servings: 10

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### Cooking Times

Preparation Time: 20 minutes

Cooking Time: 1 hour and 15 minutes

Total Time: 1 hour and 35 minutes

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### Nutrition Facts

Nutrition (per serving): 162 calories, 11g total fat, 67mg cholesterol, 374mg sodium, 13.5g carbohydrates, 3.1g fiber, 3.8g protein.

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### Source

Web Page: <http://www.allrecipes.com>

## Zucchini Bread and Butter Pickles

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14-16	small	zucchini thinly sliced	1	teaspoon	turmeric
8	small	onions, sliced	1	teaspoon	celery seed
2	medium	sweet green peppers, seeded and diced	1	teaspoon	peppercorns
1/3	cup	ball salt	3	cups	vinegar
2	cups	sugar			Ball pickle crisp (optional)
2	tablespoons	mustard seed			

Combine zucchini, onions and peppers in a large bowl. Sprinkle salt over vegetables; stir. Cover with ice. Let stand 1 1/2 hours. Drain and rinse. Combine remaining ingredients in a large saucepot. Bring to a boil. Add vegetables and simmer 10 minutes. Pack hot vegetables into hot jars, leaving 1/2 inch headspace. Ladle hot liquid over vegetables, leaving 1/2 inch headspace. Add pickle crisp to each jar, if desired. Remove air bubbles. Adjust two-piece caps. Process 10 minutes in a boiling-water canner.

### Nutrition Facts

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Nutrition (per serving): 2058 calories, 67 calories from fat, 8.3g total fat, 0mg cholesterol, 44.6mg sodium, 2329.9mg potassium, 520g carbohydrates, 19.1g fiber, 432.2g sugar, 15.1g protein.

## Zucchini Pickles

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2	pounds	zucchini, sliced (about 8 small)	1	teaspoon	celery salt
1/3	pound	onion, quartered and sliced (about 1 small)	1	teaspoon	turmeric
1/4	cup	Ball salt	3	cups	vinegar
2	cups	sugar			Ball pickle crisp (optional)
2	teaspoons	mustard seed			

Combine zucchini and onion; sprinkle with salt; add cold water to cover. Let stand 2 hours. Drain; rinse and drain thoroughly. Combine remaining ingredients in a large saucepot. Bring to a boil. Pour vinegar mixture over zucchini and onion. Let stand 2 hours. Bring all ingredients to a boil; reduce heat and simmer 5 minutes. Pack hot vegetables and liquid into hot jars, leaving 1/2 inch headspace. Add pickle crisp to each jar, if desired. Remove air bubbles. Adjust two-piece caps. Process 15 minutes in a boiling-water canner.

### Nutrition Facts

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Nutrition (per serving): 1899 calories, 32 calories from fat, 4.3g total fat, 0mg cholesterol, 1689.1mg sodium, 3426.2mg potassium, 496.7g carbohydrates, 14.2g fiber, 422.3g sugar, 14.8g protein.

## Zucchini Relish

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2	cups	chopped zucchini (about 3 medium)	1 3/4	cups	sugar
1	cup	chopped onion (about 1 medium)	2	teaspoons	celery seed
1/2	cup	chopped sweet green pepper (about 1 small)	1	teaspoon	mustard seed
1/2	cup	chopped sweet red pepper (about 1 small)	1	cup	cider vinegar
2	tablespoons	Ball Salt			Ball pickle crisp (optional)

Combine zucchini, onion, green and red peppers; sprinkle with salt; cover with cold water. Let stand 2 hours. Drain; rinse and drain thoroughly. Combine remaining ingredients in a large saucepot. Bring to a

boil. Add vegetables; simmer 10 minutes. Pack hot relish into hot jars, leaving 1/2 inch headspace. Add Pickle crisp to each jar, if desired. Remove air bubbles. Adjust two-piece caps. Process 10 minutes in a boiling-water canner.

### Nutrition Facts

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Nutrition (per serving): 1569 calories, 24 calories from fat, 2.8g total fat, 0mg cholesterol, 53.8mg sodium, 1370.8mg potassium, 384.4g carbohydrates, 8.6g fiber, 365.7g sugar, 7.4g protein.

## Blueberry Zucchini Bread

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3	eggs	lightly beaten	1	teaspoon	salt
1	cup	vegetable oil	1	teaspoon	baking powder
3	teaspoons	vanilla extract	1/4	teaspoon	baking soda
2 1/4	cups	white sugar	1	tablespoon	ground cinnamon
2	cups	shredded zucchini	1	pint	fresh blueberries
3	cups	all-purpose flour			

- 1 Preheat oven to 350 degrees F. Lightly grease 4 mini-loaf pans.
- 2 In a large bowl, beat together the eggs, oil, vanilla, and sugar. Fold in the zucchini. Beat in the flour, salt, baking powder, baking soda, and cinnamon. Gently fold in the blueberries. Transfer to the prepared mini-loaf pans.
- 3 Bake 50 minutes in the preheated oven, or until a knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely.

Servings: 12

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 50 minutes

Total Time: 1 hour and 45 minutes

### Nutrition Facts

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Nutrition (per serving): 461 calories, 19.9g total fat, 53mg cholesterol, 281mg sodium, 66.8g carbohydrates, 2g fiber, 5.3g protein.

### Source

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Web Page: <http://allrecipes.com>

## Mom's Zucchini Bread

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3	cups	all-purpose flour	1	cup	vegetable oil
1	teaspoon	salt	2 1/4	cups	white sugar
1	teaspoon	baking soda	3	teaspoons	vanilla extract
1	teaspoon	baking powder	2	cups	grated zucchini
3	teaspoons	ground cinnamon	1	cup	chopped walnuts

- 1 Grease and flour two 8x4 inch pans. Preheat oven to 325 degrees F.
- 2 Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
- 3 Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.
- 4 Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.

Servings: 24



## **Cooking Times**

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Preparation Time: 20 minutes

Cooking Time: 1 hour

Total Time: 1 hour and 40 minutes

## **Nutrition Facts**

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Nutrition (per serving): 223 calories, 10g total fat, 26mg cholesterol, 180mg sodium, 31.4g carbohydrates, <1g fiber, 2.5g protein.

## **Source**

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Web Page: <http://allrecipes.com>