



Summer Squash Medley

Yields 6 servings (1 cup each)

Ingredients

- 6 small summer squash (green and yellow can be mixed)
- 1½ cups green beans
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 2 tablespoons fresh basil (or mint), minced
- 1 teaspoon oregano
- Black pepper if desired

Instructions

1. Cut the squash into thin round slices.
2. Cut green beans into thin ½ inch pieces.
3. Heat oil in a large skillet. Add the garlic and sauté until golden. Do not allow to brown.
4. Add the beans and cook 1 minute. Add the squash and continue cooking and stirring occasionally. Cook for 5-6 minutes or until squash is tender.
5. Stir in fresh herbs. Cook one more minute and serve hot.

Nutrition Facts

Serving Size 1 cup	
Servings Per Recipe 6 servings	
Amount Per Serving	
Calories 60	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2g	
Vitamin A 8%	• Vitamin C 35%
Calcium 4%	• 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	

Helpful Information

- Cook your summer green and yellow squash with the skins on– it’s delicious and more nutritious!
- Add hot pepper if you want a hot spicy dish.
- Summer squash are great eaten raw with dips or cut into pieces in salads.

Source: CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using *The Food Processor® Nutrition Analysis Software* from ESHA Research, Salem, Oregon.

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Calabazas Salteadas con Habichuelas Verdes

Rinde 6 raciones (1 taza cada una)

Ingredientes

- 6 calabacines de verano pequeños (puede mezclar verdes y amarillos)
- 1 ½ tazas de vainitas o ejotes frescos
- 1 cucharada de aceite de oliva
- 3 dientes de ajo, picados
- 2 cucharadas de albahaca fresca (o menta), picada
- 1 cucharadita de orégano
- Pimienta al gusto

Instrucciones

1. Corte los calabacines en rodajas delgadas.
2. Corte los ejotes en pedacitos de ½ pulgada.
3. Caliente el aceite en un sartén grande. Agregue el ajo y saltéelo por hasta que esté dorado. No deje que se queme o quede de color marrón.
4. Añada los ejotes y cocínelos por 1 minuto. Agregue los calabacines y deje que se sigan cocinando, moviéndolos de vez en cuando. Cocine por 5-6 minutos o hasta que los calabacines estén suaves.
5. Añada las hierbas frescas. Cocínelo un minuto más y sírvalo caliente.

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Información Útil

- Cocine sus calabazas de verano verdes y amarillos con sus cáscaras, son deliciosos y más nutritivos.
- Agregue ají picante si quiere un plato picante.
- Las calabazas de verano saben muy bien crudas untadas en dips o picadas en ensaladas.

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