



MAKE YOUR FOOD DOLLARS COUNT

A Publication of Cornell Cooperative Extension of Herkimer County

Super Summer Squash

Summer is the best time to find fresh produce especially at local farmers markets. However, summer squash is often over-looked during the season. Add summer squash to your meals with these great tasting recipes. Note that zucchini and other summer squash can be exchanged in most recipes.

Barbeque Ideas for Zucchini

- Slice zucchini from end to end making long slices. Brush both sides lightly with vegetable oil, sprinkle with garlic powder. Grill slowly until tender.
- For kabobs alternate zucchini cubes, green pepper squares, onion wedges and fresh mushrooms on skewers. Marinate in Italian dressing overnight in refrigerator. Grill slowly until tender. Serve. Refrigerate leftovers.

Zucchini Pizza

Crust

- 3-1/2 cups grated zucchini
- 3 eggs, beaten*
- 1/3 cup flour
- 1/2 cup low fat mozzarella cheese, shredded
- 1/2 cup parmesan cheese
- 1/2 teaspoon dried basil

Topping

- 2-3 cups favorite vegetable toppings (sliced or diced as desired)

Combine all the crust ingredients and spread into a lightly oiled 9 x 13 inch pan. Bake at 350 degrees for 20-25 minutes until the surface is dry and firm. Brush the top with a little oil and broil it, under moderate heat for 5 minutes. Add vegetable toppings on the crust and bake at 350° degrees for about 25 minutes.

*To reduce fat, use 2 egg whites instead of 1 egg.

Yield: 12 servings; serving size 1-3"x3" square (70 calories, 3 grams fat, 50 mg cholesterol, 65 mg sodium)

Zucchini "Lasagna"

- 1/2 pound lean ground beef
- 1/3 cup chopped onion
- 2 cups spaghetti sauce
- 3-4 small zucchini
- 2 cups low-fat cottage cheese
- 1 egg
- 2 Tablespoons flour
- 1 cup part-skim mozzarella cheese, shredded

In a 10-inch skillet over medium high heat, cook ground beef and onion until onion is tender, (about 10 minutes), stirring occasionally. Drain fat. Add spaghetti sauce. Meanwhile with sharp knife, slice zucchini lengthwise into 1/4" thick slices. In small bowl, combine cottage cheese with egg until well mixed. Lightly oil a 9"x13" pan and arrange half of zucchini in a layer. Sprinkle with one tablespoon of flour. Top with cottage cheese mixture and half of meat mixture. Repeat with remaining zucchini, flour, and meat mixture. Sprinkle with mozzarella cheese. Bake at 375° for 40 minutes until hot and bubbly and zucchini is fork

tender. Let stand 10 minutes for easier cutting. Serve. Refrigerate leftovers.

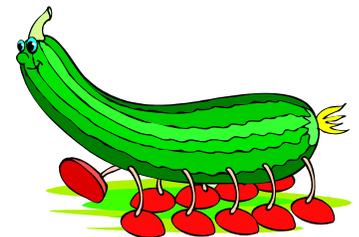
Yield: 12 servings; serving size 1-3"x3" square (150 calories, 6 grams fat, 30 mg cholesterol, 240 mg sodium)

Fresh Italian Zucchini

- 2 cups thinly sliced zucchini
- 1 medium onion, sliced
- 1 clove garlic, minced
- 1/2 green pepper, chopped
- 1/2 teaspoon basil or oregano
- 1 medium tomato, cut in 1/2" chunks

Combine all ingredients except tomatoes. Cover. Microwave on high 4-5 minutes until zucchini is crisp tender. Stir in tomatoes. Cover. Microwave on high 1 to 2-1/2 minutes or until tomatoes are tender. Serve over pasta or rice if desired.

Yield: 4 servings; serving size 1 cup (30 calories, 0 grams fat, 0 mg cholesterol, 10 mg sodium)





Kids Corner

Try this idea to help your children learn how vegetables and fruits grow:

Place a moistened paper towel in a re-sealable plastic bag. Add a few black watermelon seeds or different types of seeds such as apple, pumpkin, or bean. Seal the bag and hang it in a sunny window.

Every few days, ask your children to check the seeds for signs of growth. Keep the paper towel moist. Once the seeds have sprouted, you may wish to let the children transplant the sprouts into pots and continue to watch them grow.

Visit Farmers' Markets in Herkimer County:

Middleville: Routes 28 & 169 across from Stewarts
Wednesdays (3 pm-6 pm)

Herkimer: W. Albany St. across from Foot Doctors
Thursdays (9 am-1pm)

Dolgeville: Municipal lot N. Helmer near Kinneys
Fridays (8 am - noon)

Little Falls: Albany St., Partners Trust parking lot
Saturdays (8 am - noon)

Free Nutrition Education Programs



Nutrition staff are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

Contact:

Cornell Cooperative Extension
5657 State Rt. 5,
Herkimer, NY 13350
(315) 866-7920

Summer Squash Tips

- Summer squashes include:
 - Pattypan squash
 - Yellow crookneck squash
 - Yellow summer squash
 - Zucchini
- Most people harvest summer squash too late. Like winter squash, summer squash is an edible gourd. Unlike winter squash, it is harvested at the immature stage. Ideally, summer squash should be harvested at 6 to 8 inches in length. Pattypan and scallopini are ready when they measure about 3 to 4 inches in diameter or less.
- 1/2 cup serving of cooked summer squash contains about 20 calories, no fat, and is a good source of fiber.
- Summer squash can be grilled, steamed, boiled, sautéed, fried, or used in stir fry recipes. It can also be enjoyed raw or in soups, salads, main dishes or desserts. Summer squash mixes well with onions, tomatoes and okra in vegetable medleys. Tiny baby squash can be used as appetizers, or left whole and sautéed with other vegetables.
- Summer squash may be stored in the refrigerator for up to 5 days.
- To prepare, scrub squash gently with cold water. Cut off both ends, then slice, chop or cut squash into wedges.



Stretching Your Food Dollars at Farmer's Markets

- \$ Shop early in the day for the best selection. Some fruits and vegetables may sell out.
- \$ Take a basket or sturdy tote to make it easier to carry produce.
- \$ Get to know your local farmers. They will let you know when produce is in season and when prices are lowest! You may also get lower prices at the end of the market day, so ask.
- \$ Buy only as much fresh produce as you will use within 3 to 4 days. Throwing away food is expensive.
- \$ When you find a good price on fruits and vegetables, buy extra and freeze for the winter if you have room in your freezer.



Need help paying your grocery bill? Food Stamps can help!

Call (315) 894-9917 today.

Nutrition Outreach & Education Program of Catholic Charities of Herkimer County

Cornell Cooperative Extension
Herkimer County
5657 NYS Rt. 5
Herkimer, NY 13350

NON PROFIT PRST STD
US POSTAGE PAID
Herkimer, NY 13350
Permit No. 25