

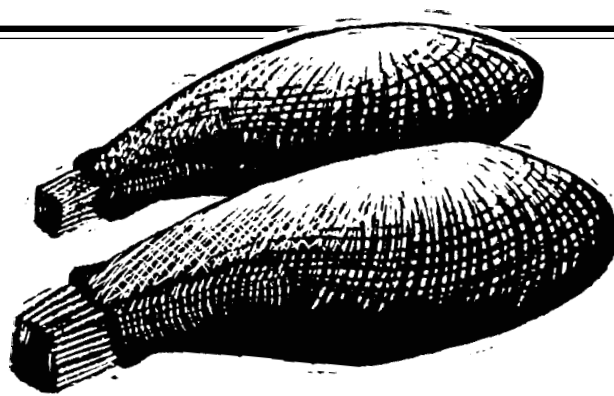
Zucchini/summer squash

Squash was a popular vegetable with Native Americans who ate it for some 5,000 years. New England colonists learned the pleasures of squash when they arrived in this country. The word “squash” was adapted by the colonists from several Native American names for the vegetable, all of which

meant “something eaten raw.” Now we call summer squash by many names, including zucchini.

Yellow squash and zucchini come to mind when people think of summer squash but here is a recipe using patty pan squash. It is a summer squash that is yellow and shaped like a flying saucer.

Summer squash is



very different from winter squash. Summer squash has thin, edible skins and soft seeds. Summer squash doesn't take long to cook. You can bake it, steam it, or sauté it. It's also good sliced raw in salads. Cut into strips, the kids will love to dip it in Herb Dip (see page 40).

Stuffed Patty Pan Squash

Makes 8 servings

*Jinny Cleland,
Tanyard Farm, E. Hartford*

Ingredients:

- 4 medium Patty Pan squashes (any similar size and number of squashes will work)
- 1/4 cup part-skim Mozzarella cheese, diced
- 2 cups cooked brown rice (can also use millet or bulgar)
- 1/2 cup any vegetable (green beans, zucchini, pepper, carrot, etc.), chopped or grated
- 1 Tablespoon fresh herb such as savory, oregano, basil, or dill
- Pepper to taste



Directions:

1. Parboil the squashes whole until they are just tender.
2. Let the squash cool enough to cut off the top and scoop out the inside.
3. Preheat the oven to 325 degrees F.
4. Mix rice with rest of ingredients.
5. Stuff squash with rice mixture.
6. Set squash on a cookie sheet and bake until cheese is melted and it is hot throughout.

Nutrition Facts

Serving Size 1 Serving (127g)
Servings Per Container 8

Amount Per Serving

Calories 80 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2 %**

Saturated Fat 1g **5 %**

Cholesterol 5mg **2 %**

Sodium 45mg **2 %**

Total Carbohydrate 14g **5 %**

Dietary Fiber 1g **4 %**

Sugars 1g

Protein 4g

Vitamin A 20% • Vitamin C 0%

Calcium 6% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Tips

- There is no need to peel summer squash as the peel adds nice color to a dish.
- Store summer squash in a plastic bag in the refrigerator to avoid it becoming dehydrated.

Complementary Herbs

| | |
|----------|----------|
| basil | oregano |
| chives | parsley |
| marjoram | rosemary |
| mint | thyme |

Family Favorite Lasagna

Makes 12 servings *Leslie Clark, Waterbury*

Ingredients:

| | |
|-------------------------------------|-------------------|
| 1 Tablespoon vegetable oil | 1 egg |
| 2 cloves garlic, chopped | 1 teaspoon basil |
| 8 cups zucchini, shredded | 2 onions, chopped |
| 1 (19-ounce) can tomatoes | |
| 1 (6-ounce) can tomato paste | |
| 3/4 pound mushrooms, chopped | |
| 2 teaspoons oregano | |
| 2 cups part-skim Mozzarella cheese | |
| 2 cups nonfat cottage cheese | |
| 1 package (1 pound) lasagna noodles | |
| 1/4 cup Parmesan cheese, grated | |



Directions:

1. In a skillet, heat vegetable oil on medium heat and sauté garlic, onions, zucchini, and mushrooms until tender.
2. Add tomatoes, tomato paste, and herbs.
3. Bring to a boil.
4. Reduce heat to medium and simmer, uncovered, for 20 minutes (or until mixture is sauce consistency).
5. Preheat oven to 350 degrees F.
6. Cook lasagna noodles according to package directions.
7. In a mixing bowl, combine Mozzarella, cottage cheese, and egg.
8. Cover bottom of baking dish sparingly with tomato sauce.
9. Top with layer of noodles, then cheese mixture.
10. Repeat three layers of each then a final layer of tomato sauce.
11. Sprinkle with Parmesan cheese.
12. Bake uncovered for 45 minutes or until hot and bubbly. Let set before serving.

Nutrition Facts

Serving Size 1 Serving (267g)
Servings Per Container 12

Amount Per Serving

Calories 330 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14 %**

Saturated Fat 4.5g **23 %**

Cholesterol 40mg **13 %**

Sodium 440mg **18 %**

Total Carbohydrate 39g **13 %**

Dietary Fiber 3g **12 %**

Sugars 6g

Protein 22g

Vitamin A 15% • Vitamin C 30%

Calcium 30% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.