

Summer Squash

Key Points

- For the best buy, choose summer squash (yellow or green) that is firm and without soft spots.
- To prepare summer squash, scrub and rinse skins. Cut off ends before using.
- To store fresh, refrigerate in an open plastic bag for up to 3 days.



Zucchini Fritters

Ingredients:

2 medium zucchini, shredded (about 3 cups)
1 teaspoon salt
2 large eggs, lightly beaten
2/3 cups flour
1/2 cup shredded cheese
4 scallions, chopped
Vegetable oil

Directions:

1. Place shredded zucchini in a colander and sprinkle with the salt. Set the colander in a bowl.
2. Squeeze liquid out of the zucchini, allowing water to drain into bowl. Throw away the liquid.
3. In a large bowl, combine zucchini, eggs, flour, cheese and scallions. Mix well.
4. Heat a skillet over medium heat for 1 minute. Add oil.
5. Use 1/4 cup measuring spoon to scoop batter onto the hot skillet. Gently flatten if needed.
6. Cook in batches until light brown and firm, about 5 minutes per side.
7. Refrigerate leftovers.

Makes 4 servings.

Adapted from chopchopfamily.org

Three Sisters Salad

Ingredients:

1 can (15.5 ounce) black beans, drained and rinsed
1 cup corn, fresh or frozen
1 small zucchini, chopped
1 tablespoon cilantro, chopped
2 tablespoons lime juice
1 jalapeno pepper, diced (optional)

Directions:

1. In a large bowl, combine beans, corn, zucchini, cilantro, lime juice, and jalapeno (if using).
2. Stir to combine. Serve right away.
3. Refrigerate leftovers.

Makes 4 servings.

Adapted from eatfresh.org

Quick Tips

- Grate summer squash into an omelet.
- Slice and eat fresh in salads or as part of a cold vegetable platter.
- Steam chopped summer squash in a small amount of water for 5 minutes. Season with pepper.
- Remember to rinse all fruits and vegetables before using.



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