



Early Care & Education
Kitchen Bites

Summer Squash



Green Zucchini



Yellow Zucchini



Costata Romanesco



Yellow Squash



Pattypan Squash



Couasa Squash



Zephyr Squash



Eight Ball Zucchini

Did You Know

- Zucchini is the most common variety of summer squash. Other varieties include: pattypan squash, crookneck squash, sunburst squash, yellow squash, chayote squash, and opo squash. Summer squash are harvested in the summer and have thin skins and soft flesh. Winter squash, on the other hand, are harvested later in the season and have thick rinds.
- While most squash varieties were brought from America to Europe, zucchini originated in Italy. Zucchini means "small squash" in Italian.
- Summer squash are members of the Cucurbitaceae (Cucurbit) family, which includes melons, pumpkins, cucumbers, and gourds.
- Summer squash are in the vegetable food group. Botanically speaking, summer squash are the immature fruit of the plant.

Gardening

Summer squash are not a significant part of Montana agriculture, but are widely grown in gardens throughout the state. Often people grow so many that they will secretly leave a bag of zucchini on a neighbor's doorstep. Direct seed or transplant summer squash 10 weeks before first frost. Summer squash need full sun and plenty of room to grow. Summer squash can be planted in large containers. Good container varieties include Early Yellow Summer Crookneck and Scallopine.

Selection

Choose squash that have firm, undamaged, and glossy skin. Large summer squash are often tough and bitter, but they can be used in recipes that call for shredded squash, such as zucchini bread. Usually squash between 4-10 inches have good flavor and are not fibrous.

Storage

Store summer squash in a perforated plastic bag in the refrigerator for up to one week. Wash directly before using.

Cooking

Varieties. Chayote, patty pan, yellow crookneck, yellow straightneck, and zucchini.

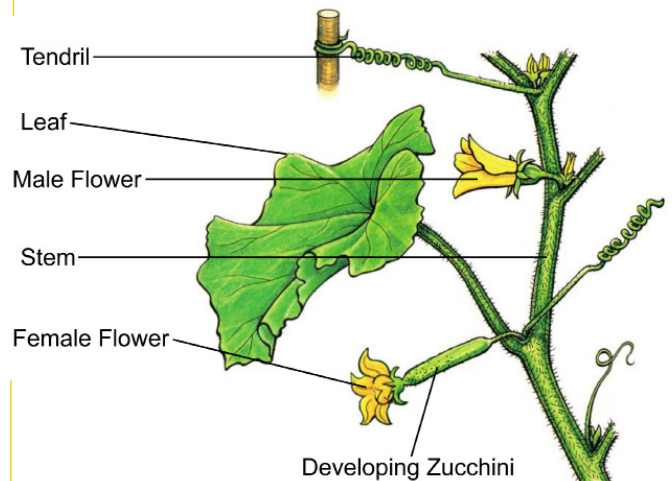
Broil. Set broiler to high, with the rack about six inches from heat. Cut squash in slices and drizzle with olive oil and low-sodium seasoning before placing on a baking sheet. Cook 3-5 minutes or until tender.

Grate. Add raw, grated squash to green salads, muffins, cookies, or use a spiral slicer to use instead of pasta noodles for added nutrients.

Grill. Pierce sliced squash with a skewer and place over a preheated (medium-high heat) grill. Cook 5-8 minutes or until tender. Pair squash with tomatoes, onions, mushrooms, peppers, or fruit.

Microwave. Place sliced squash in a microwave-safe dish with 2-3 tablespoons of water. Cover and microwave on high for 3-4 minutes or until tender.

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Ratatouille

HACCP Process: 1 – No Cook 2 – Cook & Same Day Serve 3 – Cook, Cool, Reheat, Serve 4 – SOP Controlled

Ingredients	6 Servings	25 Servings	Directions
Eggplant	1 3/4 cups	7 cups	<ol style="list-style-type: none"> Trim and peel eggplant. Cut into 1 inch cubes. Trim zucchini and cut into 1/2-inch cubes. Trim and peel onion. Cut into 1/4-inch dice. Stem, core, and seed peppers. Cut into 1/8-inch thick strips. Put the eggplant in a colander. Sprinkle with 2/3rd of the salt. Let stand for 30 minutes. Rinse and drain thoroughly. Heat oil in a large skillet or steam kettle. Add the onions, eggplant, and garlic, and cook, stirring occasionally, until tender, 10-12 minutes. Preheat convection oven to 350°F or conventional oven to 375°F. Add the zucchini and peppers to the pan. Cook, stirring occasionally, until most of the liquid is evaporated, 5-10 minutes. Stir in tomatoes and their juices, remaining salt, pepper, crushed red pepper, basil, and oregano. Cook for 5 minutes. Divide between 2-inch full hotel pans or add to baking dish. Bake for 20 minutes.
Zucchini or other summer squash	1 1/2 cups	4 1/2 cups	
Onions	1/2 cup	1 3/4 cups	
Red bell pepper	1/3 cup	1 1/4 cups	
Green bell pepper	1/3 cup	1 1/4 cups	
Salt	1 tsp	1 1/2 Tbsp	
Olive oil	1 Tbsp	1/4 cup	
Chopped garlic	3 tsp	1/4 cup	
Diced tomatoes <i>canned, undrained, low-sodium or no-salt-added</i>	1/3 cup	1 1/2 cups	
Ground black pepper	pinch	3/4 tsp	
Crushed red pepper	1/8 tsp	1/8 tsp	
Dried basil leaves	1/2 tsp	3 Tbsp	
Dried oregano leaves	pinch	1/2 tsp	

Serving Size	<u>1/2 cup</u>	Pan Size	<u>2-inch full hotel pan</u>	Yield	<u>6, 25 servings</u>
Oven Temperature & Baking Time:	Conventional	Temperature	<u>375°F</u>	Minutes	<u>20 min</u>
		Convection	Temperature	<u>350°F</u>	Minutes

Meal Component Fulfillment (Based on Serving Size) 1 Serving Provides: • 1/2 cup fruit/vegetable

Nutrition Analysis : Serving Size: <u>1/2 cup</u>					
<u>43</u>	Calories (kcal)	<u>.36</u>	Saturated Fat (g)	<u>.84</u>	Iron (mg)
<u>1.05</u>	Protein (g)	<u>51.35%</u>	Calories from Total Fat (%)	<u>29.70</u>	Calcium (mg)
<u>4.95</u>	Carbohydrate (g)	<u>302.76</u>	Vitamin A (IU)	<u>378.80</u>	Sodium (mg)
<u>2.45</u>	Total Fat (g)	<u>16.64</u>	Vitamin C (mg)	<u>1.66</u>	Dietary Fiber (g)

Notes:

Source: New School Cuisine Cookbook, Vermont FEED

Rainbow Pasta Salad

HACCP Process: 1 – No Cook 2 – Cook & Same Day Serve 3 – Cook, Cool, Reheat, Serve 4 – SOP Controlled

Ingredients	6 Servings	25 Servings	Directions
Olive oil	2 Tbsp	1/2 cup	<ol style="list-style-type: none"> Combine the olive oil, lemon juice, sugar, garlic, salt, fennel seeds, coriander, oregano, thyme, and pepper in a pot. Boil for 5 minutes. Add the cauliflower and simmer, covered, until tender but not mushy, 8-10 minutes. Cut the zucchini lengthwise into halves (or fourths if they are large). Slice into 1-inch lengths, straight or on the diagonal. Add the carrots and zucchini to the pot and continue to simmer, covered, until all the vegetables are cooked but still firm, about an additional 5-20 minutes, depending on power of the stove. Do not overcook; the vegetables will continue to cook as they cool in their dressing and will become mushy if overcooked. CCP: Heat to 140°F or higher. Cool and chill the vegetables overnight in their dressing. CCP: Cool from 140°F to 41°F within 4 hours. Cook pasta in a steamer or lightly salted boiling water until tender, but still firm, 8-15 minutes, depending on method used. Run pasta under cold water and drain well. Toss pasta with the chilled vegetables and their dressing, adding a little water, if necessary. Serve immediately. CCP: Hold for cold service at 41°F or lower.
Lemon juice	2 Tbsp	1/2 cup	
Sugar	1/2 tsp	2 1/4 tsp	
Garlic, <i>fresh, minced</i>	1/4 clove	2 cloves	
Salt	1/2 tsp	2 tsp	
Fennel seeds	1/8 tsp	2 tsp	
Coriander, <i>ground</i>	Pinch	1 1/8 tsp	
Oregano, <i>fresh*</i>	1/4 tsp	1 1/8 tsp	
Thyme, <i>fresh*</i>	1/4 tsp	1 1/8 tsp	
Black pepper	Pinch	1 1/8 tsp	
Cauliflower, <i>cut into bite sized florets**</i>	2 cups	1 lbs 12 oz	
Carrots, <i>sliced</i>	1 1/4 cups	1 1/2 lbs	
Zucchini, or summer squash	1 2/3 cups	1 lbs 14 oz	
Whole grain rich rainbow rotini pasta (<i>or 1/2 whole grain, 1/2 enriched rainbow</i>)	2 1/8 cups	1 lbs 14 oz	

Serving Size	<u>1 cup scoop</u>	Pan Size	<u>2-inch full hotel pan</u>	Yield	<u>6, 25 servings</u>	
Oven Temperature & Baking Time:	Conventional	Temperature	Minutes	Convection	Temperature	Minutes

Meal Component Fulfillment (Based on Serving Size) 1 Serving Provides: • 1/2 cup fruit/vegetable • 1/4 cup grains/bread

Nutrition Analysis : Serving Size: <u>1 cup</u>					
<u>187</u>	Calories (kcal)	<u>.71</u>	Saturated Fat (g)	<u>1.55</u>	Iron (mg)
<u>5.35</u>	Protein (g)	<u>24.02%</u>	Calories from Total Fat (%)	<u>26.4</u>	Calcium (mg)
<u>30.71</u>	Carbohydrate (g)	<u>4629</u>	Vitamin A (IU)	<u>216</u>	Sodium (mg)
<u>4.99</u>	Total Fat (g)	<u>15.03</u>	Vitamin C (mg)	<u>2.61</u>	Dietary Fiber (g)

Notes:

The technique is unique—vegetables are simmered in liquid that becomes their dressing. The result is a lightly flavored pasta salad that is fresh tasting and particularly appealing to elementary school children. The vegetables need to be cooked the day before serving.

* May use dry oregano and thyme in place of fresh: 1/4 tsp (6 servings) , 1 1/4 tsp (25 servings)

** Broccoli may be substituted for cauliflower. It cooks about 2 minutes less. Crediting information if broccoli is used: 5/8 cup vegetable

Source: *Fresh From the Farm: Massachusetts Farm to School Cookbook*

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Preserve. For more information on preserving summer squash, read the MontGuide *Freezing Vegetables*. Visit <https://nutrition.msuextension.org/> and click on the food preservation link or contact your Extension office to find the guide.

Raw. Rinse and dry squash to enjoy sliced in salads or dipped in hummus or yogurt. For an easy no-cook salad, toss sliced or diced squash with vinaigrette, place in refrigerator, allow to sit for at least four hours, and serve cold.

Sauté. Heat pan to high, add butter or oil to coat bottom of pan and add sliced squash. Sauté until lightly brown, about 3-5 minutes, or until tender. Remove from heat and use as side dish or add to vegetable dishes, lasagna, pasta, and other dishes.

Season. To enhance flavor, season with allspice, basil, cumin, curry powder, dill, oregano, rosemary, sage, tarragon, and thyme.

Steam. Place sliced or whole squash into steam basket. Steam 6-10 minutes for sliced squash or 12-15 minutes for whole squash.

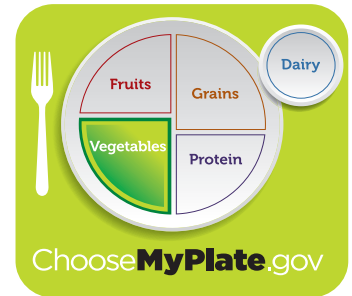
Adapted from the Summer Squash Food Fact Sheet developed by Montana State University Extension. For the full fact sheet and other resources, visit: <https://nutrition.msuextension.org/>.

Nutrition Information

Summer squash are a good source of vitamin C and potassium, and contain manganese and vitamin B₆. Vitamin C helps your body heal from cuts, scrapes, and even broken bones! Manganese plays an essential role in such functions as the formation of bones and healthy skeletons.

Dig Deeper

For sources and photo credits along with more recipes, lessons, quick activities, resources, and guides, visit: mtharvestofthemonth.org.



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The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

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