

SUMMER SQUASH WITH PASTA

Makes 6 Cups

Ingredients

4 ounces rotini pasta
2 tablespoons olive oil
1 clove garlic, minced
2 yellow summer squash,
chopped into ½-inch cubes

2 zucchini, chopped into ½-inch
cubes
½ teaspoon salt
¼ teaspoon black pepper
1½ cups corn (2 ears)
¼ cup basil, thinly sliced
4 ounces feta, crumbled

Directions

1. Prepare rotini according to package directions.
2. In a large skillet, heat olive oil over medium heat. Add the garlic and sauté for 30 seconds. Stir in squash and sauté for 5-6 minutes. Add salt and pepper.
3. Remove from heat and stir in corn and basil; add rotini and toss mixture with feta cheese. Serve warm.

Nutrition Facts: Serving size ½ cup, 105 Calories, Total Fat 4g, Sodium 171 mg, Total Carbohydrate 14g, Dietary Fiber 2g, Protein 4g

What to look for

- Squash that are heavy for their size.
- Tender, but firm, squash with glossy rinds. Avoid dull skin with a hard, tough surface. Feel blossom end for softness and signs of decay.
- Squash without bruises, cracks or dents that is not discolored.



How to store

- Remove the blossom and stem ends prior to storing.
- Place in a plastic bag and store in the crisper drawer of the refrigerator for up to 1 week.
- Avoid storing squash with fruits and vegetables that produce ethylene gas, such as bananas and peaches. Ethylene may cause yellowing of zucchini and reduce the shelf life.
- To freeze, cut into 1/2-inch slices. Blanch in hot water for 3 minutes or 5 minutes in steam before freezing. Package slices leaving 1/2-inch headspace. Seal and freeze.

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.