



Farm Fresh Summertime Recipes





CONNECTICUT FOOD POLICY COUNCIL
State of Connecticut
Department of Agriculture

This cookbook was made possible through the partnerships of the Connecticut Food Policy Council (www.foodpc.state.ct.us)

The Connecticut Food Policy Council was established in 1997, to coordinate the efforts of state agencies that affect the food system and to ensure access to healthy food for all the people of our state.

Food Policy refers to government actions that influence the availability, affordability, quality and safety of our food supply. Food Policy addresses concerns such as farmland preservation, access to healthy food, urban agriculture, emergency food supply, transportation, markets for locally-grown food, food and nutrition education, child nutrition and inner-city supermarkets.

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Connecticut Grown – fresh and healthy!

Summer is the time for local fresh vegetables.

Good for you and good tasting, locally grown vegetables add color, flavor and nutrition to your summer meals.

Eating vegetables can help lower your risk for problems like heart disease, diabetes and cancer. Eating vegetables might also help you control your weight – if you don't add too much butter, margarine, salad dressing or other fats when you eat them!

If you have children, help them learn to like vegetables so they can grow up healthier and able to enjoy many different foods. This cookbook will give you ideas for choosing and using vegetables that grow in Connecticut.

The United States Department of Agriculture, in its MyPyramid food guide, has suggestions for how much of what kinds of foods you need eat each day for better health. (See www.MyPyramid.gov for more information.)

Recommendations for vegetables:

- Young children, 1 cup
- Older girls, 2 to 2½ cups
- Older boys, 2½ to 3 cups
- Women, 19 to 50 years, 2½ cups
- Men, 19 to 50 years, 3 cups
- Older women, 2 cups
- Older men, 2½ cups



(Note: 2 cups of raw leafy greens in a salad count as only one cup of vegetables.)

Try to eat dark green and orange vegetables several times a week. These contain more vitamins and minerals needed for health.

The chart on the next page shows you the months that fruits and vegetables are in season in Connecticut.

CONNECTICUT CROP AVAILABILITY CALANDER

Crop	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Apples				■	■	■	■	■	■
Beans				■	■	■	■		
Beets				■	■	■	■		
Blueberries				■	■	■			
Broccoli			■	■	■	■	■		
Cabbage			■	■	■	■	■		
Cantaloupe				■	■	■	■		
Carrots				■	■	■	■	■	
Cauliflower			■	■		■	■		
Cherries			■	■	■				
Cucumbers			■	■	■	■			
Eggplant				■	■	■	■		
Garlic				■	■	■	■	■	■
Greens			■	■	■	■	■	■	
Herbs	■	■	■	■	■	■	■		
Kohirabi			■	■		■	■		
Leeks				■	■	■	■		
Lettuce		■	■	■	■	■	■		
Mushrooms (year-round)	■	■	■	■	■	■	■	■	■
Nectarines					■	■			
Onions				■	■	■	■	■	
Peaches				■	■	■			
Pears					■	■	■	■	■
Peppers				■	■	■	■		
Plums				■	■	■			
Potatoes				■	■	■	■	■	■
Raspberries			■	■	■	■	■		
Spinach	■	■	■	■					
Strawberries			■	■					
Summer Squash			■	■	■	■			
Sweet Corn				■	■	■			
Tomatoes				■	■	■			
Greenhouse Tomatoes	■	■	■	■	■	■	■		
Turnips					■	■	■	■	■
Watermelon					■	■	■		
Winter Squash				■	■	■	■	■	■



Choosing fresh vegetables

Each kind of vegetable is a little different, but you can usually tell the quality of a vegetable by how it looks.

Choose vegetables that have ...

- Good color (no brown or black spots, no yellow leaves, no mold)
- Good texture (firm to the touch, no soft spots, no wrinkled skin, no wilted leaves)
- Good size (no giant zucchini, cucumbers or eggplant)

Vegetables don't need to be perfect. They can still be safe to eat even when they don't look their best. Sometimes you can remove small, discolored areas with a knife. **Always remove black or brown spots or soft spots on veggies, and at least ½ inch of the vegetable all around the spot and around green areas on potatoes.**

Remember, the better the vegetable looks, usually the fresher and more nutritious it is.



Storing fresh vegetables

Storing vegetables the right way will keep them as fresh as possible for as long as possible.

Unless the vegetables have dirt on them, you don't need to wash them before storing them. If you do need to wash them first, make sure they are dry before you put them in plastic bags to go into the refrigerator.

Always wash vegetables before you fix them for meals and snacks.

- Store most fresh vegetables in the refrigerator in a plastic bag. They should keep well for up to a week.
- Tomatoes will keep at room temperature for several days. They will keep in the refrigerator only about two days. After that, they lose flavor.
- Store green tomatoes at room temperature on the counter or table. Do not put them in the sun.



- Greens such as lettuce and spinach (celery, too) – remove and throw away any discolored leaves. Then wrap the greens in a damp paper towel and store in the refrigerator. You can place them in plastic if you wish. If you wash them first, make sure they are dry before you store them in the refrigerator.

- Keep potatoes and winter squash in a dry, cool, dark place where air can get at them. Do not store in a plastic bag.
- Store onions at room temperature or cooler if possible, in an open container with good air circulation.

Cleaning fresh vegetables

Wash all vegetables carefully with cool water before using them. This helps get rid of the dirt, surface bacteria, insects and small amounts of pesticides or fertilizers that may still be on the food.



Scrub hard vegetables with a brush to get the dirt off.

Peel onions, eggplant, and winter squash before using. You can cook winter squash in the skin and then scoop out the insides after it is cooked. You can peel cucumbers and carrots if the skin is tough or thick.



When you peel vegetables, try to take off the least amount of skin possible. Be sure to take off about ½ inch of the vegetable around dark, soft spots or the green color on potatoes. For soft vegetables like tomatoes, you may need to throw them away if they have bad spots.

Wash the leaves of lettuce and greens in cold water. Fill a large bowl with water and give the leaves a bath! Rinse with cold running water and drain in a colander.

When you cut or chop vegetables, use a sharp knife and a clean cutting board.



Using fresh vegetables



Some vegetables are delicious raw, with a dip, in salads, on a sandwich or just plain.

Some are better cooked – steamed, boiled, stir-fry, roasted, or cooked with other foods like some of the recipes in this book. When you cook vegetables, do not let them sit in water before cooking. This can cause loss of vitamins.



For most vegetables, use a small amount of water and bring to a slow boil. Add the cleaned vegetables. Use a steamer to avoid overcooking and keep more vitamins in the food.



Cook only until they are just tender ... gently cooked but still firm and a little crunchy. Cook potatoes, winter squash and beets until soft enough to slice with a knife.

Use your microwave oven to cook vegetables. Cook only a small amount at a time, in about two Tablespoons of water in a covered microwaveable container. Cook on high for about one minute, check for doneness, and continue cooking until done...usually only two or three minutes.



Salads





Salads in summer make perfect sense.

No cooking!

Choose your favorites – Beans, broccoli, cabbage, carrots, cauliflower, cucumbers, lettuce, onions, peppers, snow peas, spinach, sugar snap peas, summer squash, tomatoes or zucchini.

Just wash well with running water. Remove any bad spots, peel if needed, tear lettuce and cut other vegetables into bite size pieces. Place in a large bowl. Mix together with a large spoon and fork or salad tongs. Put into individual bowls. Add your favorite dressing and enjoy.

Salads go great with sandwiches, cheese and crackers, soups, casseroles or cooked chicken, meat or fish. If you add cooked or canned dried beans, cheese, cooked eggs, meat, chicken or fish, you have a complete meal in a bowl!

You will find some recipes in this booklet to make your own salad dressing.

Remember that salad dressing can add calories, sugar, fat and salt. So if you need to be careful for your health or your weight, go easy on the amount of salad dressing you use. Read labels on bottled salad dressings to know what you are eating.

Easy Gourmet Salad Dressings

Make your own salad dressings with fresh ingredients. Each Tablespoon of oil has about 100 calories. Use these dressings on tossed green salad or any favorite salad!

French Vinaigrette

1–2 teaspoons Dijon mustard	½ teaspoon minced garlic or
½ cup wine vinegar	½ teaspoon garlic powder
¼ cup olive, canola, corn or other vegetable oil	To taste: salt, pepper, other herbs such as basil, oregano, thyme or rosemary
2 Tablespoons water	

- Place the teaspoon with the mustard in a small bowl.
- Pour vinegar over mustard and stir together until the mustard dissolves. Add oil, water, garlic and seasonings. Stir well.
- Store in a covered container in the refrigerator.

Creamy Parmesan Dressing

1 teaspoon prepared mustard	½ cup nonfat plain yogurt
1 Tablespoon vinegar	1 Tablespoon grated Parmesan cheese
⅓ cup nonfat sour cream	¼ teaspoon ground pepper
⅓ cup mayonnaise	

- In a small bowl, mix everything together until smooth and creamy.
- Add dried herbs such as oregano, dill, basil, tarragon or thyme for flavor.
- Chill before serving.

Low-fat Russian Dressing

3 Tablespoons tomato catsup or tomato paste	½ cup nonfat plain yogurt or low fat sour cream
2 Tablespoons sweet pickle relish	1 teaspoon lemon juice or vinegar
½ cup low-fat mayonnaise	

- In a small bowl, mix everything together until smooth and creamy.
- Chill before serving.

Easy Tomato Salad

Makes about 4 servings

Ingredients

- 2 large or 4 smaller ripe tomatoes
- ¼ cup chopped onion, green onion or chives
- Fresh basil or parsley to taste (use dried if you do not have fresh)
- French vinaigrette (see recipe)

Directions

- Wash tomatoes with running water.
- Cut out stem ends.
- Slice tomatoes using a sharp knife.
- Prepare and slice onions or chives.
- Chop fresh herbs.
- Layer tomatoes, onions and herbs in a shallow bowl.
- Pour on salad dressing.
- Serve plain or on fresh washed lettuce leaves.

Other Ideas

- **Tomato and Bean Salad**
Add gently cooked green beans or cooked or canned white or black beans to tomato and onion mix.
- **Tomato and Cucumber Salad**
Add a layer of cleaned, peeled, thinly sliced cucumbers.

Tomato salad goes great with pasta dishes or beans and rice.



Fiesta Rice Salad

Serves 4, 1 1/4 cup each

Ingredients

- 1 cup cooked brown rice
- 1 carrot, shredded
- 1 cup broccoli, chopped fine
- 1 small red onion, chopped
- 1 cup chopped tomato
- 1 sweet bell pepper (green, red or yellow), seeded and chopped
- 1 (15 oz) can kidney beans, or other beans, drained and rinsed
- 2 Tablespoons fresh herbs chopped fine
- 2-3 Tablespoons vinegar (red wine, white or cider)
- 1 Tablespoon vegetable oil
- Salt and pepper to taste

Directions

- Wash and chop vegetables and mix with cooked rice.
- In a small bowl, add vinegar, oil, dill, salt and pepper. (Or use your favorite dressing.) Pour over rice mixture.
- Add beans and toss well. Serve cold and enjoy!



Other Ideas

Use your favorite vegetables- zucchini, summer squash, corn, greens, kohlrabi, cabbage or string beans. Use frozen or canned when fresh is unavailable. Grate, chop, cut into small thin strips for different shapes.

Be creative! Try different vinegars -- cider, red or white wine, balsamic, rice or white – or flavored vinegars. Use low calorie salad dressing and leave out the vinegar and oil. Try a squeeze of lemon or lime juice in place of vinegar!

Try different fresh herbs- cilantro, dill, basil, chives, tarragon, oregano, rosemary or mint to name a few. Or use dried herbs – but use less.

Menu Idea

Fiesta Rice Salad, Toasted Cheese & Tomato Sandwich, 100% juice & seltzer drink, Fresh melon for dessert

Nutrition Facts

Serving Size 1 1/4 cup
Servings Per Container 4

Amount Per Serving	
Calories 220	Calories from fat 40
% Daily Value*	
Total Fat 4g	7%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 38g	13%
Dietary Fiber 10g	41%
Sugars 8g	
Protein 10g	
Vitamin A 90%	• Vitamin C 120%
Calcium 8%	• Iron 15%

Chinese Chicken Salad

Makes 8, 1/2 cup servings

Ingredients

- 1 package of oriental flavored Ramen noodles
- 1 bag of plain coleslaw or cabbage salad mix (16 oz)
- 1/4 cup minced scallions
- 1/2 cup chopped red or green pepper
- 2 chicken breasts, cooked and chilled, cut into cubes
- 1/2 cup unsalted dry roasted peanuts

Dressing

- 1 teaspoon sugar (if you like)
- 1 Tablespoon olive oil
- 1/4 cup rice or white vinegar
- 1 Ramen noodle flavor packet

Directions

- Rinse coleslaw and drain, set aside.
- Break up noodles. Set aside.
- In a small bowl make dressing with sugar, vinegar, olive oil and flavor packet. Stir well.
- In a large bowl, add peppers, scallions, unsalted peanuts and other vegetables if you like. Add cooked chicken and coleslaw.
- Pour on the dressing and combine.
- Serve cold.

Try adding one of these to your salad:

- 1 6-ounce can sliced water chestnuts, drained
- 1/2 cup shredded carrots, diced celery or chopped broccoli
- 1/2 cup thinly sliced raw zucchini or cucumber
- 1 cup of washed red or green seedless grapes

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 8

Amount Per Serving	
Calories 130	Calories from fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Cholesterol 20mg	6%
Sodium 80mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	6%
Sugars 2g	
Protein 10g	
Vitamin A 6%	• Vitamin C 25%
Calcium 2%	• Iron 4%



Spinach Black Bean Salad

Serves 3, 1 cup each

Ingredients

- 2 Tablespoons vinegar
- 1 Tablespoon vegetable oil
- 1 Tablespoon mustard (Dijon or other)
- 1 clove garlic or 1 teaspoon garlic powder
- ½ teaspoon each dried oregano + basil
- ⅛ teaspoon nutmeg (optional)
- 2 cups spinach, washed
- 1½ cup black beans, rinsed
- 2 tomatoes, chopped
- 1 small red onion, chopped

Directions

- In a large bowl, combine vinegar, oil, mustard, garlic, oregano, basil and nutmeg.
- Wash, drain and chop spinach.
- Add spinach, black beans, tomatoes and onions to vinegar and oil. Toss well and serve.

Other Ideas

- Top your salad with other vegetables (mushrooms, peppers, cucumbers, zucchini, yellow squash, red onions etc.)
- Add cooked chicken, egg or tuna for more protein.
- Add cubes of cheddar, Swiss or smoked Gouda cheese.
- Fruit makes a great addition- try dried cranberries, cherries, raisins or apricots or fresh berries in season.

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 3	
Amount Per Serving	
Calories 190	Calories from fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 27g	9%
Dietary Fiber 10g	38%
Sugars 5g	
Protein 10g	
Vitamin A 45%	• Vitamin C 30%
Calcium 8%	• Iron 20%



Tuna Veggie Antipasto

Serves 6, 1 cup each

Ingredients

- Start with your favorite raw veggies, $\frac{3}{4}$ cup total vegetables per person
- 6-8 oz tuna, drained and flaked
- 1 can (15 oz) white beans or favorite beans
- 2 Tablespoons grated Parmesan cheese
- $\frac{1}{4}$ cup vinegar or juice of 2 lemons
- 1 Tablespoon vegetable oil
- 1 Tablespoon fresh or $\frac{1}{2}$ teaspoon dried dill
- 1 teaspoon chopped garlic

Directions

- Wash and trim vegetables. Chop into bite size pieces. Place in a large bowl.
- Combine vinegar, dill (or other herbs), garlic and oil. Pour over vegetables.
- Drain and rinse beans. Break up tuna into smaller chunks.
- Combine vegetables, beans and tuna; toss gently.
- Marinate salad overnight to combine flavors.
- Chill and serve as a light summer lunch or as a picnic side dish.

Other Ideas

- Use salad to fill a pita for a crunchy sandwich.
- Serve on fresh, washed leafy lettuce.
- Add cooked rice or pasta.
- Try balsamic vinegar or $\frac{1}{2}$ cup of your favorite salad dressing.
- Be creative and try different herbs and veggie combinations!



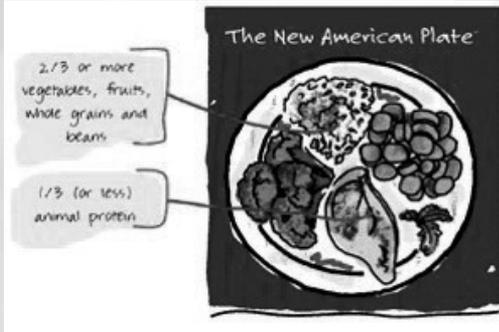
Nutrition Facts

Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Cholesterol 15mg	4%
Sodium 180mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	15%
Sugars 2g	
Protein 15g	
Vitamin A 70%	• Vitamin C 30%
Calcium 8%	• Iron 15%

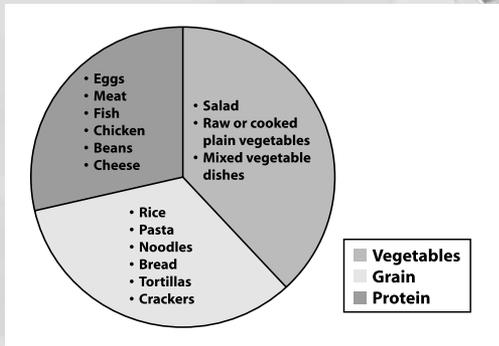
Main Dishes



You can build your meals around vegetables instead of meats for better health. The healthier “New American Plate” is filled mostly with vegetables, grains and smaller amounts of meat or fish.



The main dish recipes in this cookbook feature lots of vegetables fixed in tasty ways you and your family will like.



The New American Plate is a registered trademark of the American Institute for Cancer Research, 1759 R Street, Washington, DC 20009. <http://www.aicr.org/>

Veggie Quesadillas

Makes 4 servings, ½ quesadilla each

Ingredients

- 4 10 inch whole wheat tortillas
- 1 baby zucchini, diced small
- 1½ cup broccoli, chopped
- 1 red bell pepper, seeded + diced
- 1 small yellow onion, chopped
- ½ cup carrots, shredded
- ½ cup low-fat cheddar cheese, shredded or grated
- ½ cup part skim mozzarella, shredded or grated
- 1 Tablespoon fresh basil, chopped or ½ teaspoon dry basil

Cooking spray



Directions

- Wash and chop vegetables.
- Heat medium skillet to medium high and spray with cooking spray. Sauté vegetables for 4-5 minutes, stirring frequently. Remove from pan.
- Spray pan with cooking spray. Place tortilla in the pan. Sprinkle on half the vegetables and half of the cheese. (Layer cheese, vegetables and cheese).
- Place the other tortilla on top. Cook for 4-6 minutes or until the cheese starts to melt and bottom tortilla starts to brown.
- Carefully flip quesadilla. Cook for 4 minutes until cheese is warm and bubbly and tortilla browns. If you do not want to flip it, put a cover on the pan and cook until the cheese melts.
- Remove from pan. Place on cutting board and cut into triangles. Enjoy!

Other Ideas

- Try a variety of vegetables: eggplant, tomatoes, mushrooms, green beans, cauliflower, garlic, corn or spinach
- Season with fresh herbs- parsley, basil, cilantro, oregano or dill
- Sprinkle dry herbs- Italian seasoning, chili powder, cumin or your favorite.
- Top with your favorite spicy salsa.

Nutrition Facts

Serving Size 1/2 Quesadilla
Servings Per Container 4

Amount Per Serving

Calories 170 Calories from fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 2g 11%

Cholesterol 10mg 4%

Sodium 340mg 14%

Total Carbohydrate 28g 9%

Dietary Fiber 4g 17%

Sugars 4g

Protein 11g

Vitamin A 130% • Vitamin C 140%

Calcium 20% • Iron 8%

Squash Salsa

Makes about 6 cups

Ingredients

- 1 can black beans (rinsed)
- 6 tomatoes, seeded and diced
- ½ green pepper, seeded and diced
- 1 medium red onion, minced
- 2 tablespoons red wine vinegar
- 1 large summer squash, peeled, seeds removed, diced
- 1 teaspoon Adobo seasoning (a combination of garlic, coriander, salt and cumin)
- 2 Tablespoons lemon or lime juice, optional

Topping

- 4 Tablespoons, part-skim mozzarella cheese
- Fresh cilantro or dried parsley, optional

Directions

- Combine all ingredients except cheese. Let sit for 30 minutes. Spoon over tortilla chips, cooked rice or noodles.
- Top with grated part-skim mozzarella cheese. Serve hot or cold!



Other Ideas

- Out of season idea – Use 1 can diced tomatoes in place of fresh tomatoes.
- Quick Salsa – Combine black beans, chopped summer squash, and a jar of your favorite salsa!
- Hot Salsa – Add chopped, fresh hot peppers or canned jalapeño peppers. Remember to wash your hands well after handling hot peppers!

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 12

Amount Per Serving

Calories 60 **Calories from fat 5**

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrate 11g 4%

Dietary Fiber 4g 15%

Sugars 1g

Protein 4g

Vitamin A 8% • Vitamin C 30%

Calcium 4% • Iron 6%

Menu Idea

Summer squash Salsa over cold cooked rice, Chicken Quesadilla,
Frozen yogurt with berries

Grilled Vegetable Packets

Serves 5, 3/4 cup each

Ingredients

- 2 small zucchinis, sliced
- 2 small yellow squash, sliced
- 4 small red potatoes, scrubbed well and sliced
- 1/2 red onion, sliced
- 1/2 red or green bell pepper, seeded and sliced
- 1/4 cup light Italian salad dressing or French vinaigrette
- Salt and pepper to taste



Directions

- Heat grill to Medium heat or 350°.
- Wash vegetables and slice.
- Toss in a large bowl. Add dressing and toss until all vegetables are coated.
- Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold up bottom piece with top sheet to form a packet.
- Place on heated grill for 20-30 minutes or until the potatoes are tender. If you don't have a grill, bake Veggie Packets in the oven at 400° for 20 - 30 minutes.
- **Before you open the packets, poke holes in the foil with a fork. Be very careful opening the foil as the steam will be very hot and could burn you!**
- Empty vegetables onto serving plate or serve from foil packets.

Other Ideas

- Try different vegetables- Tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, corn or your favorites.
- In place of dressing try cooking spray to coat foil (butter or vegetable oil can be used).
- Use herbs or spices in place of dressing- Chili power, Italian or oriental seasoning, basil, oregano, curry powder- be creative!

Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 5

Amount Per Serving	
Calories 130	Calories from fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 4g	
Vitamin A 20%	• Vitamin C 80%
Calcium 4%	• Iron 8%

Crunchy Vegetable Wraps

Serves 4, 1/2 Tortilla each

Ingredients

- 4 Tablespoons whipped cream cheese
- 2 flour tortillas
- 1/2 teaspoon of Ranch seasoning mix
- 1/4 cup broccoli, washed and chopped
- 1/4 cup carrots, peeled and grated
- 1/4 cup zucchini, washed + cut into small strips
- 1/4 cup yellow summer squash, washed and cut into small strips
- 1/2 tomato, diced
- 2 Tablespoon green pepper, seeded and diced
- 2 Tablespoons chives, chopped fine

Directions

- In a small bowl, stir ranch seasoning into cream cheese, chill.
- Wash and chop vegetables.
- Steam broccoli in microwave for 1 minute with 1 tablespoon of water.
- Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables evenly over cream cheese. Roll tortilla tightly.
- Chill for 1-2 hours before serving (the wrap will hold its shape better.) With a sharp knife slice into circles and serve.

Other Ideas

- Be creative. Try different vegetables, herbs and spices.
Examples- green beans, lettuce, radishes, corn; dill, oregano, basil, mint; curry or chili powder.
- You can substitute pre-made flavored cream cheeses- chive, herb or vegetable.
- Try a sweet cream cheese and add fruit to your wrap for a different twist.
- This wrap is great with soup or salad or served as a cool summer appetizer!

Nutrition Facts

Serving Size 1/2 Tortilla
Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from fat 60**

% Daily Value*

Total Fat 7g 10%

Saturated Fat 3g 15%

Cholesterol 10mg 4%

Sodium 210mg 9%

Total Carbohydrate 23g 8%

Dietary Fiber 2g 8%

Sugars 2g

Protein 4g

Vitamin A 45% • Vitamin C 20%

Calcium 6% • Iron 8%



Summer Squash Stir-fry

Serves 4, ½ cup each

Ingredients

- 1 Tablespoon olive oil or other vegetable oil
 - 1 small onion, chopped
 - 2 cups summer squash, washed and cut into chunks
 - 1 cup carrots, thinly sliced
 - Seasonings to taste – garlic powder, pepper, cumin, thyme, basil or oregano
- (Fresh basil is wonderful with this.)

Directions

- In a skillet (the larger, the better), heat oil on medium high heat.
- Add onion and stir-fry until onion is clear and begins to brown.
- Add carrots and stir until carrots are tender crisp. Add squash and cook for about 2 minutes. Lower heat.
- Add seasonings of choice. Cook for 2 more minutes. Serve as a side dish.

Other Ideas

- Try other cut up vegetables to stir fry with the onion – green or red peppers, mushrooms, celery, eggplant, green beans or peas.
- Add cut up fresh tomatoes, corn or broccoli with the summer squash. Cook until tender crisp.
- Cook ground beef with the onions. Add other vegetables. Add tomato sauce. Serve over pasta.



Menu Idea

Summer squash Stir-Fry , Grilled chicken, Potato salad

Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 60	Calories from fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 1g	
Vitamin A 180%	• Vitamin C 15%
Calcium 2%	• Iron 2%

Stuffed Summer Squash

Serves 4, 1/2 stuffed squash each

Directions

- Wash and cut squash in half, lengthwise. Remove the large seeds.
- Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy).
- Scoop out a good amount of the pulp, place in a bowl and mix with one of the stuffings, below.
- Place the squash shells in a baking dish. Stuff the squash with a mixture of your choice.
- Top with shredded cheese. Bake at 350°F for about 30 minutes.

Rice + Turkey Stuffing

- 1 pound cooked ground turkey
- 2 cups cooked brown rice
- 1 can low sodium condensed cream of mushroom soup
- 1 cup squash pulp
- 2 Tablespoons shredded cheddar cheese

Italian Stuffing

- 3 cups cooked brown rice
- 1 cup diced tomatoes
- 1 cup white beans, drained + rinsed
- 1 Tablespoon fresh basil
- 1 cup squash pulp
- 4 Tablespoons Parmesan cheese

Nutrition Facts	
Serving Size 1/2 squash	
Servings Per Container 4	
Amount Per Serving	
Calories 380	Calories from fat 140
% Daily Value*	
Total Fat 15g	24%
Saturated Fat 4.5g	23%
Cholesterol 100mg	33%
Sodium 150mg	6%
Total Carbohydrate 36g	12%
Dietary Fiber 7g	27%
Sugars 6g	
Protein 26g	
Vitamin A 8%	• Vitamin C 50%
Calcium 10%	• Iron 15%

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 280	Calories from fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	6%
Cholesterol 5mg	1%
Sodium 85mg	4%
Total Carbohydrate 52g	17%
Dietary Fiber 7g	29%
Sugars 4g	
Protein 11g	
Vitamin A 10%	• Vitamin C 50%
Calcium 15%	• Iron 15%

Stuffed Summer Squash

Serves 4, ½ stuffed squash each

Cornbread Stuffing

- 2 cups cornbread stuffing from a mix, dry
- 1 cup diced cooked chicken or ham
- ¼ cup raisins
- ¼ cup almonds or other nuts
- 2 cups squash pulp

Nutrition Facts

Serving Size 1/2 squash	
Servings Per Container 4	
Amount Per Serving	
Calories 410	Calories from fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 3g	14%
Cholesterol 50mg	16%
Sodium 500mg	21%
Total Carbohydrate 43g	14%
Dietary Fiber 10g	40%
Sugars 14g	
Protein 26g	
Vitamin A 15%	• Vitamin C 60%
Calcium 10%	• Iron 15%

Other stuffing ideas

- Chili, cooked rice and squash pulp.
- Cooked rice with vegetables, squash pulp and a touch of sesame oil and soy sauce.
- Leftover cooked rice or other pilaf from a mix, plus squash pulp.
- Cooked macaroni and cheese.
- Tuna mixed with squash pulp, diced green pepper and a little cottage cheese.
- Cooked scrambled eggs, squash pulp, cooked bacon, bread crumbs and Parmesan cheese.
- Add other chopped fresh veggies to the stuffing – green peppers, onions, carrots, broccoli or spinach.



Menu Idea

Stuffed squash, Steamed green beans, Sliced tomatoes or cucumbers, Whole grain bread.

Spicy Carrots and Squash

Serves 4, ½ cup each

Ingredients

- 2 cups carrots, cut in 2 inch sticks
- 1½ cups squash, cut in 2 inch sticks
- 1 teaspoon vinegar
- 2 Tablespoons broth, chicken or vegetable, fat free
- 1 teaspoon brown sugar
- 1½ teaspoons spicy or Dijon mustard

Directions

- Wash, peel and cut carrots.
- Wash and cut up squash.
- Combine carrots and broth in saucepan. Cover and cook over medium heat about 5 minutes.
- Add squash and cook 5 more minutes or until vegetables are just tender. Add more broth, if necessary, to keep from burning.
- Stir vinegar, brown sugar and mustard into vegetables. Cook for a few minutes over medium heat until most of the liquid cooks off.

Other Ideas

Stir-fry thinly sliced onion and green or red sweet pepper with carrot sticks, in a small amount of vegetable oil. Add broth and squash strips. Cook until tender crisp. Stir in a mixture of 1 Tablespoon Worcestershire sauce and 1 teaspoon lemon juice. Cook for a few minutes until most of the liquid cooks off.



Menu Idea

Spicy Carrots and Squash, Broiled Salmon, Cooked rice, Tossed green salad

Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 45	Calories from fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	11%
Sugars 6g	
Protein 1g	
Vitamin A 340%	• Vitamin C 20%
Calcium 2%	• Iron 4%

Squash Squares

Serves 8, 1 square each

Ingredients

- 4 eggs -- beaten slightly
- ¼ cup oil
- 1 cup biscuit mix
- 3 cups thinly sliced squash (use zucchini or yellow squash)
- ¼ cup chopped onion
- 2 Tablespoons chopped parsley (or 1 teaspoon dried parsley)
- ⅓ cup grated cheddar cheese
- 1 cup grated carrots

Directions

- Mix thoroughly and pour into greased 9x13" baking dish. Bake 25 minutes or until bubbly and brown in a 350° oven. Serve in squares while warm.

Options

- To freeze- Cool, and cut into squares. Freeze squares on a cookie sheet. When they are frozen, put into freezer bags. When ready to use, take out of the freezer bag, place in microwaveable covered container. Reheat in microwave at medium setting.
- Try 8 egg whites in place of whole egg for less cholesterol and fat.
- Add other thinly chopped fresh veggies to the mix – green or red sweet peppers, spinach, broccoli.

Nutrition Facts

Serving Size 1 Square
Servings Per Container 8

Amount Per Serving	
Calories 130	Calories from fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 2.5g	12%
Cholesterol 110mg	37%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 6g	
Vitamin A 40%	• Vitamin C 10%
Calcium 8%	• Iron 8%



Menu Idea

Squash Squares, Steamed broccoli, Easy Tomato Salad

Baked Summer Squash

Serves 8, 1 cup each

Ingredients

- 3 cups summer squash, sliced
- 1 can cream of mushroom soup (low sodium)
- ½ cup grated cheddar cheese
- ½ cup light sour cream
- 1 large carrot, grated
- 1 medium onion, chopped fine
- 1 can kidney beans, drained
- Small package seasoned stuffing mix
- ¼ cup margarine or butter, melted (or ¼ cup oil and ¼ cup water)
- 2 Tablespoons grated Parmesan cheese (optional)

Directions

- Preheat oven to 350°.
- Mix soup, cheddar cheese, sour cream, carrot, onion, kidney beans and squash together.
- Mix stuffing mix and melted butter or margarine (or oil and water). Place half of the prepared stuffing mix in a 9 x 13 inch pan. Pour in squash mixture, then add the rest of the stuffing mix.
- Sprinkle with grated Parmesan cheese and paprika.
- Bake for 40 minutes.

Other Ideas

- Try your favorite low sodium cream soup- Celery, broccoli, cheese or chicken
- Low-fat plain yogurt can be used in place of sour cream
- Add washed, cut up spinach or other chopped veggies to mixture.

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 310	Calories from fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 20mg	6%
Sodium 490mg	21%
Total Carbohydrate 37g	12%
Dietary Fiber 8g	32%
Sugars 7g	
Protein 11g	
Vitamin A 60%	• Vitamin C 15%
Calcium 15%	• Iron 8%

Menu Idea

Baked squash, Tossed green salad, Fruit salad

Aunt Barbara's Chocolate Squash Cake

Serves 12, 1 slice each

Ingredients

- 1 package dark chocolate cakemix
- 1 teaspoon ground cinnamon
- 3 eggs
- 1¼ cups water
- ½ cup vegetable oil
- 1 cup squash, shredded or finely chopped
- ¼ cup chopped walnuts (optional)

Directions

- Preheat oven to 350°F. Grease and flour a 10" tube or bundt pan.
- In a large bowl, combine cake mix and cinnamon. Add eggs, water and oil. Blend until combined, then beat with an electric mixer for 2 minutes on medium speed. Fold in squash. Add nuts if you like.
- Pour into prepared pan. Bake for 50 minutes to 1 hour, until cake springs back when lightly touched.

Other Ideas

- Use a greased 9 x 13 inch pan. Bake for 45 minutes.
- To lighten cake try 6 egg whites in place of whole egg
- Replace ½ oil with ½ cup applesauce

Nutrition Facts

Serving Size 1 slice	
Servings Per Container 12	
Amount Per Serving	
Calories 300	Calories from fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 3g	15%
Cholesterol 55mg	18%
Sodium 380mg	16%
Total Carbohydrate 33g	11%
Dietary Fiber 1g	6%
Sugars 22g	
Protein 5g	
Vitamin A 2%	• Vitamin C 2%
Calcium 8%	• Iron 15%

Menu Idea

Grilled chicken, Easy tomato salad, Steamed green beans, Chocolate squash cake

Summer Squash, Italian Style

Serves 4, ½ cup each

Ingredients

- 2 Tablespoons oil
- 1 large summer squash, thinly sliced
- 1 Tablespoon water
salt and pepper to taste
- 1 teaspoon fresh sweet basil
- 6 Tablespoons grated Romano
or Parmesan Cheese

Directions

- Using a large, ovenproof frying pan, heat 1 Tablespoon of oil to medium high.
- Arrange squash in pan, add water and season lightly with salt, pepper and basil.
- Cover and cook over medium heat for 5 minutes, or until tender crisp.
- Sprinkle with cheese and drizzle with remaining oil. Place under a preheated broiler and broil until cheese melts and browns slightly.

Other Ideas

Add cut up fresh tomatoes, green peppers, green beans, eggplant, onions or other vegetables in season.



Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 40 **Calories from fat 15**

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Cholesterol 5mg 2%

Sodium 85mg 4%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Sugars 2g

Protein 3g

Vitamin A 4% • Vitamin C 20%

Calcium 10% • Iron 4%

Menu Idea

Spaghetti and Tomato Sauce, Italian style squash, Green salad,
Whole wheat roll

Uncooked Tomato Sauce

Serves 6, 1½ cups each

Ingredients

- 6 to 8 large tomatoes, cut into chunks
- 1 Tablespoon minced garlic
- ½ medium onion, finely chopped
- ½ green pepper, finely chopped
- 3 Tablespoons chopped fresh basil
- ½ teaspoon dried oregano
- 1 Tablespoon olive oil
- Salt and black pepper to taste
- 6 cups cooked pasta
- 6 Tablespoons grated Parmesan cheese

Directions

- Chop tomatoes and mix with all the remaining ingredients in a large bowl.
- Let the mixture stand at room temperature for about 20 minutes. Toss with hot cooked pasta or rice and top with grated Romano or Parmesan cheese.

Other Ideas

- Add a can of white or black beans, drained, for extra protein before tossing with pasta or rice.
- Add cooked chicken or other meat just before serving.



Nutrition Facts

Serving Size 1 1/2 cup
Servings Per Container 6

Amount Per Serving	
Calories 360	Calories from fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Cholesterol 5mg	1%
Sodium 115mg	5%
Total Carbohydrate 65g	22%
Dietary Fiber 5g	21%
Sugars 9g	
Protein 13g	
Vitamin A 30%	• Vitamin C 80%
Calcium 10%	• Iron 20%

Fresh Tomato Sauce

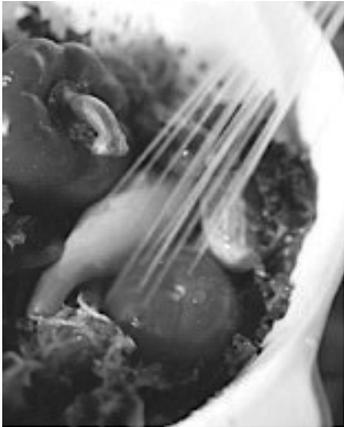
Serves 6, 1½ cups each

Ingredients

- 8 to 10 ripe tomatoes
- 1 Tablespoon vegetable oil
- ½ cup chopped onion
- ½ cup chopped green pepper
- ¼ cup thinly sliced or shredded carrots
- ½ teaspoon dried oregano
- 1 teaspoon dried basil
- 2 teaspoons minced garlic or ½ teaspoon garlic powder
- Black pepper to taste
- 6 cups cooked pasta
- 6 Tablespoons grated Parmesan cheese

Directions

- Wash the ripe tomatoes. Cut out stem ends. Chop into small pieces and set aside in a large bowl.
- In a large pan, heat the oil over medium high heat. Add onion, green pepper, carrots and garlic. Stir-fry until tender, about three minutes.
- Add seasonings and tomatoes. Bring to a gentle boil.
- Lower heat and simmer gently, uncovered, until tomatoes turn to a sauce, about 40 minutes. Serve over freshly cooked pasta.



Nutrition Facts

Serving Size 1 1/2 cups
Servings Per Container 6

Amount Per Serving

Calories 310 **Calories from fat 50**

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1.5g 7%

Cholesterol 5mg 1%

Sodium 120mg 5%

Total Carbohydrate 55g 18%

Dietary Fiber 5g 21%

Sugars 10g

Protein 11g

Vitamin A 60% • Vitamin C 100%

Calcium 10% • Iron 20%

Tomato, Basil & Bean Pasta Salad

Serves 12, ½ cup each

Ingredients

- 1 pound package of bow tie or ziti pasta
- 2 Tablespoons vegetable oil
- ¼ cup vinegar
- 2 teaspoons Dijon-style mustard
- ¼ teaspoon pepper
- 1 cup chopped fresh basil leaves
- 3 large tomatoes, coarsely chopped (about 3 cups)
- 1 cup cooked or canned (drained) beans such as kidney, garbanzo or black beans.
- 1 cup mozzarella or provolone cheese, cubed or shredded (optional)
- ½ cup chopped walnuts (optional)

Directions

- Cook pasta according to package directions. Drain and cool.
- In a small mixing bowl, whisk together vegetable oil, vinegar, Dijon-style mustard and pepper to make vinaigrette.
- In a large mixing bowl, combine pasta, beans, basil and tomatoes. Pour vinaigrette over top and toss together. Cover and chill at least 1 hour.
- If desired, add nuts and cheese just before serving, tossing again to combine.

Other ideas

- Add other fresh chopped vegetables such as cucumbers, peppers, small summer squash, carrots, broccoli or cauliflower.
- Use your favorite salad dressing instead of making your own.
- Use cooked rice or cooked, cut up potatoes in place of pasta.



Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 12

Amount Per Serving	
Calories 250	Calories from fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Cholesterol 5mg	2%
Sodium 150mg	6%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	13%
Sugars 3g	
Protein 11g	
Vitamin A 8%	• Vitamin C 15%
Calcium 10%	• Iron 10%

Easy Eggplant Stir Fry

Makes 4 servings

Ingredients

- 2 eggplant, peeled and cubed
- 1 zucchini, thinly sliced
- 1 cup green bell pepper, cut in strips
- 2 onions, sliced
- 3 Tablespoons low fat Italian salad dressing
- 2 cups cherry tomatoes

Directions

- Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet.
- Stir lightly to combine and cook over low heat until tender.
- Stir in cherry tomatoes and cook for 3-5 minutes.
- Serve over cooked brown rice.
(1/2 cup included in Nutrition Facts.)

Nutrition Facts

Serving Size 1.25 cups

Servings Per Container 4

Amount Per Serving

Calories 200 **Calories from fat 15**

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 43g 14%

Dietary Fiber 7g 26%

Sugars 11g

Protein 5g

Vitamin A 15% • Vitamin C 90%

Calcium 6% • Iron 8%

Impossible Tomato-Zucchini Pie

Serves 6, 1 cup each

Ingredients

- 2 cups chopped zucchini
- 1 cup chopped tomato
- 1/2 cup chopped onion
- 1/3 cup grated Parmesan cheese
- 1 1/2 cups low fat milk
- 3/4 cup biscuit mix
- 3 eggs
- Herbs, salt and pepper to taste.

Directions

- Heat oven to 400° F. Grease the bottom of a large quiche dish or pie plate.
- Sprinkle zucchini, tomato, onion and cheese in plate.
- Beat eggs, milk, biscuit mix and herbs until smooth, 15 seconds in blender on high or 1 minute with hand beater. Pour into plate over the vegetables.
- Bake until knife inserted in center comes out clean, about 30 minutes. Cool 5 minutes.

Nutrition Facts

Serving Size 1 cup

Servings Per Container 6

Amount Per Serving

Calories 170 **Calories from fat 60**

% Daily Value*

Total Fat 7g 11%

Saturated Fat 2.5g 13%

Cholesterol 110mg 37%

Sodium 340mg 14%

Total Carbohydrate 18g 6%

Dietary Fiber 1g 6%

Sugars 7g

Protein 10g

Vitamin A 15% • Vitamin C 25%

Calcium 20% • Iron 8%

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