

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

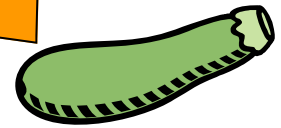
The produce of the week is...

You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look on the left menu bar for Produce Of the Week

Summer Squash



What vegetable has over 6 common varieties?

Summer SQUASH!

- ◆ Choose squash that are firm and fairly heavy for their size
- ◆ Look for squash that have bright, glossy exteriors
- ◆ Avoid squash with nicks or bruises on their skins or soft spots
- ◆ Place summer squash in plastic bags and store in the refrigerator
- ◆ Fresh summer squash can keep for up to a week
- ◆ Summer squash is easy to grow in your own garden

Source: www.fruitsandveggiesmatter.gov

Nutrition Facts:

- A serving size is a 1/2 cup, which contains about 20 calories
- Summer squash are a good source of Vitamins A & C
- They contain no fat, cholesterol or sodium

Did you know?

- ◆ Zucchini is the most popular summer squash purchased in the United States.
- ◆ The skin of summer squash is rich in beta-carotene, but the fleshy portion of this vegetable is not.

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and have at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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Try these delicious, nutritious and healthy recipes!

Zucchini Boats

4 servings

INGREDIENTS

- ♦ 2 medium zucchini
- ♦ 1/2 cup shredded carrot
- ♦ 1/4 cup chopped onion
- ♦ 1 cup corn bread stuffing mix
- ♦ 3 Tbsp. water
- ♦ 1/4 cup shredded reduced fat sharp

DIRECTIONS

1. Cut zucchini lengthwise. Scoop out pulp, leaving ¼-inch thick shells. Discard pulp. Place zucchini halves, cut side down, in a large skillet. Add ½ cup water. Bring to a boil; reduce heat. Cover and simmer for 5 minutes. Drain zucchini on paper towels.
2. Lightly spray a medium saucepan with vegetable spray. Add carrot and onion and cook over medium heat until onion is tender. Stir in stuffing mix and water.
3. Next, spoon stuffing into prepared zucchini. Sprinkle cheese on top of the stuffing in each zucchini then place them in a shallow baking dish. Bake in a 350° oven for about 20 minutes or until zucchini are tender and stuffing is heated through.

Simple ways to enjoy Summer Squash: Shred and add to spaghetti sauce or soups ☞ Wash and slice onto salads ☞ Dice and toss into stir fry mixes ☞ Wash and eat as a snack!

Vegetable Enchiladas

6—8 servings

INGREDIENTS

- ♦ 1 large onion, chopped
- ♦ 2 garlic cloves, minced
- ♦ 1 large zucchini, shredded
- ♦ 1 lb fresh green beans, diced
- ♦ 1 medium yellow pepper, diced
- ♦ 2 medium carrots, shredded
- ♦ 1/2 cup cilantro, coarsely chopped
- ♦ 15 oz tomato sauce
- ♦ 1 T chili powder
- ♦ 8 oz Jack Cheese, shredded
- ♦ 8 whole wheat tortillas

DIRECTIONS

1. In a large pan over medium heat, cook vegetables (except cilantro) for 15 minutes, until tender crisp.
2. Mix chili powder and tomato sauce; add 1/4 cup to vegetable mixture. Add cilantro to vegetable mixture and mix well.
3. Take 1 tortilla, place about 1 oz of cheese down middle of tortilla, add 1/8 of the vegetable mixture; roll and place seam side down in baking dish. Repeat this step for each tortilla.
4. Top with remaining tomato sauce and bake at 400° for 20 minutes or until bubbly.

Recipes adapted from: www.allrecipes.com, www.fruitsandveggiesmatter.gov

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!