



SUMMER SQUASH

(Zucchini and green or yellow squashes)

WHAT'S IN IT FOR YOU?

- Vitamin C to help heal cuts and to keep you healthy
- Vitamin B6 to help build healthy blood cells

SERVING IDEAS

- Stir fry chopped zucchini, onions and bell peppers until tender. Add to eggs, cooked rice, or serve in tortillas.
- Dip sliced squash in salad dressing for a snack.

STORAGE

- Store squash in an open plastic bag in the refrigerator for 7 days.

PICADILLO

Serves 6

Ingredients:

- 1 pound ground turkey
- 1 chopped onion
- 5 small carrots, chopped
- 2 medium diced potatoes
- Salt and pepper to taste
- 1 (10-15oz) can tomatoes with juice
- 2 medium **zucchini or other summer squash**, diced
- Optional:* ½ teaspoon cumin or 1 tablespoon black bean sauce



Instructions:

1. Brown ground turkey in a frying pan.
2. Add onions, carrots, squash, and potatoes. Add cumin or black bean sauce, if using. Cook for about 5 minutes.
3. Add canned tomatoes and juice. Add just enough water to cover.
4. Bring to a boil, then lower heat and simmer, uncovered, until vegetables are tender and there is very little juice left. Serve.

SOURCE: California Health Department - Los Angeles County



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