

Summer Squash

Safety first:

Be sure to wash your hands with warm, soapy water before and after preparing food. Rinse fresh fruits and vegetables, even those you peel, under running tap water.

FRESH – Enjoy snap peas fresh.

SAUTE – Cut squash into chunks and place in an oiled pan with salt, pepper and any other desired seasoning. Sauté for two to three minutes or until tender.

ROAST – Cut squash into chunks and toss with olive oil, salt, pepper and any other seasonings. Bake at 400 F for about 10 minutes or until brown and tender

STEAM – Cut up squash and steam in a microwave for about five minutes or until tender. Add any desired seasoning.

CHIPS – Slice squash into ½-inch rounds. Coat squash in olive oil, salt, pepper and preferred seasonings. Place squash on baking sheet and bake at 450 F for 10 minutes. Flip squash to other side, and bake an additional eight minutes, or until golden brown.