

Summer Squash Toss

Nutrition Facts	
Serving Size	1 cup
Servings Per Recipe	4
Amount Per Serving	
Calories	186
Fat	15 g
Saturated	4.9 g
Polyunsaturated	1.3g
Monounsaturated	7.8 g
Carbohydrate	13g
Dietary fiber	3 g
Protein	6 g
Calcium	106 mg
Potassium	686 mg
Magnesium	51 mg
Iron	1 mg
Vitamin A	185 µg RAE
Vitamin C	45 mg



Summer squash is an excellent source of manganese and vitamin C as well as a good source of vitamin A. Summer squash provides us with a great combination of antioxidants, including the carotenoids lutein and zeaxanthin. These antioxidants are especially helpful in protecting the eyes against age-related macular degeneration and cataracts¹.

References:

- 1) <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=62#healthbenefits>
- 2) Recipe from <http://www.bhg.com/recipe/summer-squash-toss/>

This handout was prepared by UNM students in NUTR 322: Management in Dietetics II

Summer Squash Toss

Ingredients:

- 1 red onion, cut into wedges
- 1 tbsp olive oil or vegetable oil
- 3 zucchini and/or yellow summer squash, halved lengthwise and cut into ¼ inch slices (about 5 cups)
- ½ tsp salt
- ¼ tsp black pepper
- 2 tbsp snipped fresh basil, thyme, and/or Italian parsley
- 2 oz goat cheese, crumbled

Steps:

In a large skillet, cook the onion in hot oil over medium-high heat for 7 minutes, stirring occasionally. Add zucchini, salt, and pepper to skillet; reduce heat to medium. Cook, uncovered, about 8 minutes or until vegetables are crisp-tender, stirring occasionally. Sprinkle with herbs and cheese.