

Cornell University
Cooperative Extension
New York City



Summer Squash Medley

Yields 6 servings (1 cup each)

Ingredients

- 6 small summer squash (green and yellow can be mixed)
- 1½ cups green beans
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 2 tablespoons fresh basil (or mint), minced
- 1 teaspoon oregano
- Black pepper if desired

Instructions

1. Cut the squash into thin round slices.
2. Cut green beans into thin ½ inch pieces.
3. Heat oil in a large skillet. Add the garlic and sauté until golden. Do not allow to brown.
4. Add the beans and cook 1 minute. Add the squash and continue cooking and stirring occasionally. Cook for 5-6 minutes or until squash is tender.
5. Stir in fresh herbs. Cook one more minute and serve hot.

Helpful Information

- Cook your summer green and yellow squash with the skins on– it's delicious and more nutritious!
- Add hot pepper if you want a hot spicy dish.
- Summer squash are great eaten raw with dips or cut into pieces in salads.

Source: CUCE-NYC FMNP Recipe Collection 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

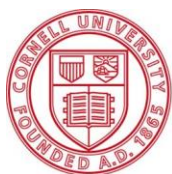
Nutrition Facts	
Servings Per Recipe	6 servings
Serving size	1 cup
Amount per serving	
Calories	50
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 369mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Label analysis based on ingredients listed.	

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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Calabazas Salteadas con Habichuelas Verdes

Rinde 6 porciones (1 taza cada una)

Ingredientes

- 6 calabacines de verano pequeños (puede mezclar verdes y amarillos)
- 1 ½ tazas de vainitas o ejotes frescos
- 1 cucharada de aceite de oliva
- 3 dientes de ajo, picados
- 2 cucharadas de albahaca fresca (o menta), picada
- 1 cucharadita de orégano
- Pimienta al gusto

Instrucciones

1. Corte los calabacines en rodajas delgadas.
2. Corte los ejotes en pedacitos de ½ pulgada.
3. Caliente el aceite en un sartén grande. Agregue el ajo y saltéelo por hasta que esté dorado. No deje que se queme el ajo.
4. Añada los ejotes y cocínelos por 1 minuto. Agregue los calabacines y deje que se sigan cocinando, moviéndolos de vez en cuando. Cocine por 5-6 minutos o hasta que los calabacines estén suaves.
5. Añada las hierbas frescas. Cocínelo un minuto más y sírvalo caliente.

Información Útil

- Cocine sus calabazas de verano verdes y amarillos con sus cáscaras, son deliciosos y más nutritivos.
- Agregue ají picante si quiere un plato picante.
- Las calabazas de verano saben muy bien crudas untadas en dips o picadas en ensaladas.

Source: CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

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