

Fresh from Florida SQUASH

The Florida squash – bright, beautiful and tasty. Yellow squash from Florida is a smart addition to your kitchen. Native to Central America, Florida yellow squash grows abundantly in central and south Florida and is available from September through June.

As a cucurbit, it is in the same family with melons and cucumbers. It is also similar to zucchini in flavor and texture. With more than 345 mg of potassium and 516 IU of Vitamin A per one cup serving, cooked yellow squash is not only delicious, it is nutritious.

Purchasing, Handling and Storing

Look for Florida yellow squash that has a smooth peel that is bright to dark yellow, and for flesh that is firm with no soft spots. Store in the refrigerator but not in the coldest part, and then wash just before use. Florida yellow squash is picked when fully ripe, so it is best to consume within three days of purchase. Because the skin is so thin, it is not necessary to peel yellow squash.

Florida yellow squash has great appeal! These “*Fresh from Florida*” recipes will provide you with a delicious way to add vegetables to your diet.

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Florida SQUASH Recipes

Florida Department of Agriculture
and Consumer Services
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For more recipes and information about Florida fruits and vegetables, log on to the Florida Department of Agriculture and Consumer Services website at www.Florida-Agriculture.com

YELLOW SQUASH AND SHRIMP PROVENÇAL

- 1 1/2 tablespoons olive oil
- 1 Florida yellow squash, finely diced
- 1 tablespoon Florida garlic, minced
- 1 Florida tomato, seeded, peeled and finely diced
- 10 Florida shrimp, deveined
- 3 tablespoons Florida white wine
- 1 tablespoon fresh Florida parsley, chopped
- 1/4 cup mozzarella cheese, shredded
- Salt and pepper

Heat medium sauté pan on medium heat. Add olive oil, squash, garlic and tomatoes. Sauté 2-3 minutes. Add shrimp and white wine. Simmer for 2 minutes. Remove from heat and add cheese, parsley, salt and pepper to taste.

Yield: 4 servings
Per serving: Calories 217, Fat 8g
Carbohydrates 11g, Protein 25g



YELLOW SQUASH CASSEROLE

- 3 cups Florida squash
- 1 medium Florida onion, chopped
- 1/2 cup mayonnaise
- 1 egg, beaten
- 1/2 package Ranch salad dressing mix
- 1 teaspoon salt
- 1 cup sharp cheddar cheese, grated
- 1 cup cheese crackers, crushed

Boil squash and onion together, then drain. Add remaining ingredients and mix. Place in a baking dish sprayed with non-stick spray. Bake at 350 for 25 minutes. Top with crackers and bake an additional 5 minutes.

Yield: 6 servings
Per serving: Calories 591, Fat 35g
Carbohydrates 63g, Protein 12g

