

Squash Bread

- 1 1/2 cups flour
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 1/2 cups shredded zucchini
or summer squash
- 2 eggs, well beaten
- 3/4 cups sugar
- 1/2 cup oil
- 2 teaspoons vanilla extract

• Preheat oven to 350 degrees.

• Mix flour, cinnamon, baking powder and baking soda.

• In another bowl combine well beaten eggs, sugar, oil and vanilla. Beat about 3 minutes. Stir in squash. Add dry ingredients to wet ingredients and mix just until moistened. Pour into well-greased bread loaf pan. Bake 40 minutes or until a knife put in center of loaf comes out clean.

Healthy Food Healthy Communities

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Contact information:

- ✿ **WIC and Nutrition Enhancement Program: 1-866-867-3124**
- ✿ **New Mexico Connections: 1-800-283-4465**
- ✿ **New Mexico Farmers' Markets: 1-888-983-4400**

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Fresh from the Farm: Summer Squash



*Zucchini, Yellow
Straightneck
or
Crookneck,
Pattypan,
and
Chayote*

- ✿ Nutrition Enhancement Program
- ✿ WIC
- ✿ New Mexico Connections

**Making it easier to add
fresh fruits and vegetables
to your diet and support
local farmers, too!**

Taste the Difference!

Selection & Preparation

Choose squash that are on the small side (unless you plan to stuff them), crisp and free of soft spots or wrinkled skin.

One half pound makes about 1 1/2 cups of slices, serving about 2.

Store in the refrigerator. Best if used within one week.

Wash well. Do not peel, just cut off ends.

Can be eaten raw or cooked.

Slice raw and add to salads or as part of a cold vegetable platter.

Steaming is a easy way to cook summer squash. Place



slices in a pan with a small amount of water and cook for 5-8 minutes.

Nutrition Facts

Serving Size:

1/2 cup sliced (any type)

Amount Per Serving

Calories 10

	% Daily Value
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Sodium 1 g	0%
Total Carbohydrate 2 g	2%
Dietary Fiber 1 g	4%
Sugars 1 g	
Protein 1 g	
Vitamin A	2%
Vitamin C	15%
Calcium	2%
Iron	2%
Folate 15 mcg	4%
Potassium 110 mg	
Magnesium 13 mg	

Key Nutrients

Vitamin C - supports healthy gums, skin and blood.

Potassium - to maintain a normal blood pressure.

Folate - for healthy blood and research suggests that folate promotes a healthy heart and blood vessels.



**NEW MEXICO
FARMERS'
MARKETS**

Cheesy Squash Casserole

- 1 1/2 cups chopped summer squash (any type)
- 1/2 cup cracker crumbs
- 1/2 cup shredded cheese
- 1 tablespoon butter or margarine, melted
- 2 tablespoons chopped onion
- 1 egg, beaten

• Combine all ingredients and mix well.

• Put in a greased baking dish, cover and bake at 350 degrees for 35-40 minutes or until done.

• *Makes 2 - 3 Servings*