

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.



ENERGIZE YOUR LIFE EAT HEALTHY BE ACTIVE

The WIC and Senior Farmers Market Nutrition Programs are sponsored by the U.S. Department of Agriculture; the Washington State Department of Health, Community Wellness and Prevention; and the Washington State Aging and Disability Services Administration.

Contact information:

WIC FMNP: 1-800-841-1410

Senior FMNP: 1-800-422-3263

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Fresh-from-the-Farm:

Summer Squash

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

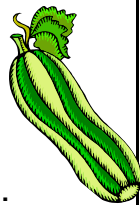


**Washington WIC &
Senior Farmers
Market Nutrition
Program**

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

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 mg	0%
Total Carbohydrate 2 g	1%
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.

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
1. Combine all ingredients and mix well.
 2. Put in a greased baking dish, cover and bake at 350 degrees for 35-40 minutes or until done.

Makes 2 - 3 Servings

