

Georgia Grown
Squash & Cucumbers

A Variety Of Vegetables

Both winter and summer squash are perfect ingredients for entrees, appetizers, salads and desserts. They are low in calories, fat, sodium and cholesterol free. They are also a good source of vitamin C, carotene, riboflavin, calcium and iron.

Squash & Cucumber are good for you.

Nutrient Analysis

Calories Squash 25, Cucumbers 45
Protein Squash 1g, Cucumbers 3g
Fat Squash 0g, Cucumbers 0g
Cholesterol Squash 0mg, Cucumbers 0mg
Sodium Squash 20mg, Cucumbers 0mg
Carbohydrate Squash 5g, Cucumbers 9g
Dietary Fiber Squash 2g, Cucumbers 3g
Sugars Squash 3g, Cucumbers 6g

Cucumbers are enjoyed by millions of Americans because they are so easy to use and complement so many wonderful dishes. Cucumbers are 95% water, so adding them to favorite meals doesn't add any fat, sodium or cholesterol and very few calories.

Squash Casserole

3 cups cooked and mashed squash
(2 pounds raw)
1 medium onion, chopped
1-1/2 cups grated carrots (3 medium)
1 cup sour cream
1 (10.75 ounce) can cream of chicken soup
salt and pepper to taste
4 cups cornbread crumbs, divided
3/4 cup melted margarine

Preheat oven to 350° F. In large bowl, combine squash, onion, carrots, sour cream, cream of chicken soup, salt and pepper and 2 cups cornbread crumbs. Mix well.

In separate small bowl, mix remaining 2 cups cornbread crumbs and melted margarine. Line inside of 2-1/2 quart or 13x9 baking dish with crumb mixture, making a crust. Fold in squash mixture and bake for 45 minutes. Remove from oven and serve immediately. Yields 12 servings.

Cool Summertime Salad

1 cup chopped cucumber
1 cup chopped tomato
1/4 cup chopped celery
1/4 cup green bell pepper
1 cup rice
1 can Mexican corn, drained
1/4 teaspoon salt
1/4 teaspoon dill weed
1/4 teaspoon black pepper
1/4 teaspoon mustard
1 teaspoon olive oil
1/2 cup vinegar
1 tablespoon parsley, chopped
Curly lettuce leaves
Parmesan cheese, grated fine

Mix the first 6 ingredients together in a large bowl. Combine salt, dill weed, black pepper, mustard, olive oil, and vinegars. Pour over rice mixture.

Chill for 4 hours or overnight. Place lettuce leaves on a plate. Top with salad. Garnish with parsley and Parmesan cheese.
Makes 6 servings.

Nutritional Information Per Serving:

Calories 150 / Fat 1.5g / Cholesterol 0mg / Sodium 200mg
Carbohydrate 30g / Fiber 2g / Sugar 4g / Protein 4g

Trojan Pie

1 tablespoon olive oil
1 small red bell pepper, chopped
1 small zucchini, sliced thin
1 clove garlic, minced
8 ounces shrimp, cooked and deviened
4 ounces crumbled feta cheese
4 ounces shredded Cheddar cheese
4 ounces shredded Mozzarella cheese
4 hard cooked eggs, chopped
1 tablespoon fresh cilantro
1 tablespoon fresh parsley
salt and pepper
2 (9 inch) refrigerated pie crusts
1 beaten egg white

Preheat oven to 350° F.

In a large skillet, add the olive oil. Saut? bell pepper, zucchini and garlic together until tender, about 3-5 minutes.
Remove from heat and add shrimp.

In a separate bowl, combine cheeses and hard cooked eggs with cilantro and parsley until well blended. Add salt and pepper to taste. Combine with shrimp mixture. Pour into bottom pie crust. Place remaining pie crust on top and crimp edges. Brush with beaten egg white. Bake in preheated oven for 45 minutes or until crust is golden brown. Remove from oven and let stand for 5 minutes. Serve immediately.

Nutritional Information Per Serving:
Calories 577 / Protein 28g / Carbohydrates 29g / Fat 39g
(15g saturated, 24g unsaturated) / Sodium 814mg

Fruited Squash

3 medium butternut squash, halved and seeds removed
1/4 cup water
1 Granny Smith apple-peeled, cored and cubed
1 cup raisins
1 cup cranraisins
2/3 cup coarsely chopped pecans
3/4 cup apple juice
1-1/4 teaspoons pumpkin pie spice
1/4 teaspoon salt
1 tablespoon unsalted butter
1 tablespoon sugar

Preheat oven to 350° F. Place squash in an oven safe dish with the skin side up, add water and bake for 45 minutes or until fork tender. Remove from oven and set aside.

In a saucepan, combine apple, raisins, cranraisins, pecans, apple juice and pumpkin pie spice. Simmer for 10 minutes. Remove from heat. Set aside. To apple mixture add salt, butter and sugar, mixing well. Turn squash over and stuff with apple mixture and bake for additional 10-20 minutes or until hot. Remove from oven and serve immediately. Yields: 12 (1/4 squash) servings

Nutritional Information Per Serving:
Calories 180 / Fat 7g (saturated 2g) / Cholesterol 5mg / Sodium 55mg
Carbohydrate 30g / Fiber 3g / Sugars 16g / Protein 2g

Refrigerator Pickles

7 cups sliced cucumbers (approximately 4-5 medium sized cucumbers)
1 onion, halved and sliced

- 1 green bell pepper, sliced
- 2 cups sugar
- 1 cup vinegar
- 1 tablespoon salt
- 1 teaspoon celery seed

Combine all ingredients in a large plastic container with a tight fitting lid. Cover and store in the refrigerator for 24 hours before serving the pickles. Keep pickles refrigerated. They will last for up to two weeks. Yields: 12 servings

Nutritional Information Per Serving:

Calories 160 / Fat 0g (saturated 0g) / Cholesterol 0mg
Sodium 590 mg / Carbohydrate 40g / Fiber 1g / Sugars 37g
Protein 1g

Best Ways To Enjoy

- ¥ Many varieties of summer squash are excellent when eaten raw. Try them alone or with dip for a tasty snack.
- ¥ Summer squash casserole makes a perfect accompaniment to any meal and is a holiday favorite for many families.
- ¥ Patty pan squash is perfect for stuffing with cream cheese, spices or other fillings.
- ¥ Mix raw cucumber slices with salad greens, tomatoes, peppers and other vegetables for a õtop-notchó tossed salad.
- ¥ Add cucumbers to favorite sandwiches for extra flavor, nutrition and crunch.
- ¥ A fresh fruit salad with cucumbers makes a light, refreshing summer dish.

Fun Facts

- ¥ Squash was among the earliest plants cultivated in the Americas. Some varieties of squash have been grown for several thousands of years.
- ¥ Cucumbers are one of the only vegetables to be mentioned in the Bible.
- ¥ Squash was a staple food for many Indian tribes, and today American Indians still grow squash varieties that are not commer-

cially available.

- ¥ The word "squash" comes from an Indian word meaning "raw or uncooked".

Buyers Guide

- ¥ Summer squash should be tender. If the skin is glossy, not dull, hard or tough, the squash is likely to be tender.
- ¥ Avoid stale or over-mature summer squash which will have a dull appearance and a hard, tough surface. Such squash usually have enlarged seeds and dry, stringy flesh.
- ¥ For best results with summer squash, do not over cook.
- ¥ If refrigerated, summer squash will keep up to two weeks.
- ¥ Look for well shaped, well-developed cucumbers that are not too large in diameter.
- ¥ Even the best cucumbers could have small lumps on their surfaces.

Squash & Cucumbers In Georgia

Georgia grows varieties of both summer and winter squash, and commercial production of all varieties is concentrated in South Georgia. Georgia winter squash is available from late August through March, while Georgia summer squash is harvested almost year-round, with peak availability during the late spring each year.

Georgia has a long growing season for cucumbers. Fresh Georgia cucumbers are available for six months each year, from May through November. Georgia cucumbers are grown primarily in the Southern portion of the state.

Georgia ranks 5th in the nation in production of fruits & vegetables. Our state is blessed with good climate, soil conditions and excellent growers to provide you with high quality fresh produce year-round.

Tommy Irvin, Commissioner
Georgia Department of Agriculture

Georgia Department of Agriculture
in cooperation with
Georgia Fruit & Vegetable Growers Association
P.O. Box 2945
LaGrange, Georgia 30421
1-877-994-3842
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