

Squash: Veggie Roast

A delicious and nutritious way to eat squash is by roasting it in the oven. You can roast squash by itself or add other veggies for even more flavor! All you need is some veggies olive oil, and your favorite spices and seasonings. You can add other veggies like potatoes, Brussel sprouts, bell peppers, onions etc. The possibilities are endless!



Source: Journal of the Academy of Nutrition and Dietetics Gabrielle Judd, RD, LDN
(Photographer)

Weekly Challenge:

Be creative and make a vegetable roast with the veggies you have on hand!



Source: Pixabay Robert Jones (Photographer)

Squash: **Zucchini**



Source: Pixabay Bernadette Wurzinger (Photographer)

Zucchini is a very popular fruit, it is inexpensive and can be used in a variety ways! It is packed with potassium which is great for heart health because it helps to lower blood pressure.

Try using zucchini as a side dish or add it to a bread recipe. It is also great in soup or stew. You can even add cooked zucchini to your smoothies! If you end up with too much zucchini at the end of the season, remember that you can always freeze it and use it later.

Weekly Challenge:

Replace pasta noodles with zoodles! (zucchini noodles). Use a Spiralizer to make.

Squash

Spaghetti Squash

Spaghetti squash is harvested in the late summer or early fall. One great benefit of spaghetti squash is it provides a low-carbohydrate alternative to traditional pasta!



Source: Pixabay Ronaldo Krieger (photographer)

One cup of spaghetti squash has only 10 grams of carbs compared to 45 in one cup of pasta or rice. The “spaghetti” is created by scrapping the insides of the cooked squash. You can top it with your normal spaghetti sauce & enjoy!



Source: Flickr Philippe Vieux-Jeanton (photographer)

Weekly Challenge:

Swap out spaghetti squash for pasta once this week!

Squash

What is a Spiralizer?

The spiralizer is an inexpensive kitchen tool (Prices range from \$10 on up) that turns fresh veggies into faux-noodles, that some call “zoodles”.

It works out great for summer squash because their texture is perfect for “spiralizing”. Carrots and some of the harder veggies also work- experiment and have fun.



Photo by Pam VanKampen

Zucchini noodles are fabulous in Asian cuisine.

Weekly Challenge:

Buy a spiralizer and try and have fun experimenting with various veggies.

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