



WIC...

**Healthy Habits,
Healthy Families**

Summer Squash

Summer squash is a good source of vitamin C. Enjoy summer squash in salads, stir-fries or on sandwiches.

Look for
North Carolina
summer squash
from May to
September.

Buying fresh summer squash...

- Look for green zucchini or yellow squash.
- Select squash that are firm and heavy for their size.
- The skin should be smooth and glossy.

Storing fresh summer squash...

- Store summer squash unwashed in plastic bags in the refrigerator.
- Use summer squash within 3 to 4 days.

Enjoying fresh summer squash...

- Wash summer squash before eating or using.
- Eat the skins to get the full nutritional benefits of summer squash.

**Fruits &
Vegetables**



Eat more fruits and vegetables.

Increase fiber.

Baked Zucchini

This recipe uses two WIC foods: cheese and a vegetable you can buy with your cash-value vouchers.

Makes
4
servings

Ingredients...

- 4 medium zucchini, sliced into ½-inch rounds
- 2 ounces part-skim mozzarella cheese, shredded
- 1 teaspoon garlic powder
- 1 teaspoon parsley flakes

Directions...

1. Preheat oven to 350° F.
2. Cover the bottom of a baking dish with half the zucchini. Sprinkle with half of the cheese, garlic powder and parsley. Repeat with a second layer using the remaining ingredients.
3. Bake until cheese is melted and lightly golden, about 10 to 15 minutes.

NOTE: For extra color, use some yellow squash in place of some of the zucchini.

Nutrition information...

Calories 70, Fat 2.5g, Carbohydrate 9g, Protein 6g, Fiber 3g, Sodium 110mg, Cholesterol 10mg.

Family Goals

- My family and I will try yellow squash with dip.
- My family and I will try a new zucchini recipe.
- My family and I will try steamed squash for dinner.
- My family and I will try squash in a salad.
- Other _____



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