The mild taste and high water content of summer squash makes it perfect for adding moisture to recipes without fat (see our chocolate cake recipe on the back). Zucchini and yellow squash are both high in vitamins A and C and low in calories. Look for blemish-free squash with bright-colored skin.

**SUMMER STAPLE**

**Summer Squash**

Slice into 1/4-inch fillets lengthwise. Coat with olive oil and desired seasonings. Grill 5-7 minutes on each side.
**Zucchini Stew**

**Ingredients**
- 1 lb chicken or turkey sausage
- ½ lb ground turkey
- 2 cups celery, sliced ½” thick
- 1 ½ cup coarsely chopped onion
- 2 green bell peppers, cut into ½” pieces
- 2 (28 oz) cans tomatoes in sauce
- 2 lbs zucchini, sliced ½” thick
- 1 teaspoon salt
- 1 tablespoon dried oregano*
- 1 tablespoon dried basil*
- ½ tsp garlic powder or 1 clove minced fresh garlic
- Shredded mozzarella or grated Parmesan for garnish, optional
*Optional: Substitute 2 tablespoons fresh herb, minced

**Directions**
1. Spray a large kettle with nonstick cooking spray. Brown sausage and turkey, breaking up large pieces and stirring to cook evenly. Add celery, onions, and peppers.
2. When meat is browned, drain off any excess grease.
3. Add tomatoes, zucchini, seasonings and garlic or garlic powder. Bring to a boil, reduce heat and simmer 20 minutes, or until zucchini is softened.
4. Top with shredded mozzarella or Parmesan cheese, if desired.

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**Chocolate Zucchini Cake**

**Ingredients**
- 1 cup wheat Flour
- 1 cup white flour
- 1/4 cup 100% cocoa powder, unsweetened
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 3 Large eggs
- 1/2 cup sugar
- 3/4 cup unsweetened applesauce
- 1/4 cup canola oil
- 1 tsp vanilla
- 3 cups shredded zucchini.

**Directions**
1. Mix dry and wet ingredients separately, so they can be folded into each other with minimal mixing.
2. With the wet ingredients mixed, and the dry mixed in a separate bowl, combined them just till moistened.
3. Pour batter into two well greased loaf pans, or one large bundt pan. Bake at 325 degrees for 45-60 minutes, depending on pan size. To check if it is done, insert toothpick. When it comes out clean, it is done.

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