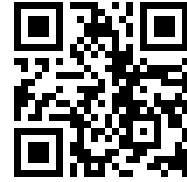


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**Summer Squash Medley**  
Yields 6 servings (1 cup each)

**Ingredients**

- 6 small summer squash (green and yellow can be mixed)
- 1½ cups green beans
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 2 tablespoons fresh basil (or mint), minced
- 1 teaspoon oregano
- Black pepper if desired

**Instructions**

1. Cut the squash into thin round slices.
2. Cut green beans into thin ½ inch pieces.
3. Heat oil in a large skillet. Add the garlic and sauté until golden. Do not allow to brown.
4. Add the beans and cook 1 minute. Add the squash and continue cooking and stirring occasionally. Cook for 5-6 minutes or until squash is tender.
5. Stir in fresh herbs. Cook one more minute and serve hot.

**Helpful Information**

- Cook your summer green and yellow squash with the skins on– it’s delicious and more nutritious!
- Add hot pepper if you want a hot spicy dish.
- Summer squash is great eaten raw with dips or cut into pieces in salads.

**Source:** CUCE-NYC FMNP Recipe Collection 2015

To find farmers’ market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

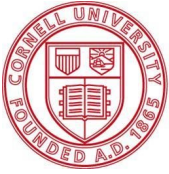
Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA’s Expanded Food and Nutrition Education Program.

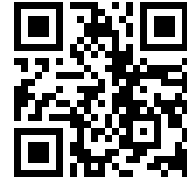
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<b>Nutrition Facts</b>	
Servings Per Recipe	6 servings
Serving size	1 cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>50</b>
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 2g</b>	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 369mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Label analysis based on ingredients listed.	





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## 西葫芦炖菜

可供6人份（每份1杯）

### 食材

- 6个小西葫芦（绿色和黄色可以混合使用）
- 1½杯青豆
- 1汤匙橄榄油
- 3瓣大蒜，切碎
- 2汤匙新鲜罗勒（或薄荷）切碎
- 1茶匙牛至
- 黑胡椒粉（依据个人喜好）

### 做法步骤

1. 将西葫芦切成薄片。
2. 将青豆切成薄的半英寸长的段。
3. 在大煎锅中加热油，加入大蒜，翻炒至金黄色，不要让它变成棕色。
4. 加入豆子，煮1分钟。加入南瓜，继续煮，偶尔搅拌。煮5-6分钟或直到南瓜变软。
5. 加入新鲜香草。再煮一分钟，热腾腾地上桌。

### 小窍门

- 带皮煮夏季的绿色和黄色西葫芦——既美味又更营养！
- 如果你想要一道辣味菜肴，可以加入辣椒。
- 西葫芦生吃也很好，可以沾酱或切成小块放在沙拉中。

资料来源：CUCE-NYC FMNP 食谱集 2015

要查找农贸市场食谱，请访问：<http://nyc.cce.cornell.edu/farmers-market-recipes/>

要查找食谱视频，请访问我们的 YouTube 频道：Farmers Market Recipes CCE NYC

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