



## Summer Garden Lasagna

<b>5</b> medium zucchini	<b>8 ounces</b> plain Greek yogurt	<b>1</b> medium yellow onion, diced $\frac{1}{4}$ inch	<b>10 ounces</b> fresh spinach
<b>2</b> yellow summer squash	<b>2 cups</b> low fat cottage cheese	<b><math>\frac{1}{4}</math> cup</b> fresh chives, chopped	<b>1</b> (24 ounce) jar spaghetti sauce
<b>3 tablespoons</b> olive oil	<b><math>\frac{1}{2}</math> cup</b> chopped fresh basil	<b>2</b> garlic cloves, pressed	<b>8 ounces</b> shredded mozzarella cheese
<b>2</b> large eggplants, sliced $\frac{1}{2}$ inch	<b>2 teaspoons</b> salt		Garnish with fresh basil leaves

Thinly **slice** zucchini and summer squash  $\frac{1}{4}$  inch thick and **toss** with 1 tablespoon olive oil and 1 teaspoon salt. **Roast** in oven at 400 degrees F for 20 minutes, turn slices after 10 minutes. **Slice** eggplants, **toss** with 1 tablespoon olive oil; **place** on baking sheet. **Roast** in oven at 400 degrees F for 20 minutes, turn slices after 10 minutes. If needed, place under broiler for 5 minutes to reduce excess moisture. **Mix** together yogurt, cottage cheese, fresh basil, 1 teaspoon salt, diced onion and chives. **Sauté** garlic in remaining olive oil until golden. **Add** spinach to pan and **cook** until wilted. **Spoon** half of roasted zucchini,

squash, and sautéed garlic into a greased 9-by-11 inch baking dish. **Coat** evenly with half of the cottage cheese and yogurt mixture. **Place** an even layer of eggplants on cottage cheese mixture. **Spread** a layer of spaghetti sauce on eggplants and sprinkle with mozzarella cheese. **Repeat** process for one more layer. **Bake** at 425 degrees F for 40 to 45 minutes. **Sprinkle** with chopped basil and cheese for garnish.

**Yield:** 10, 1 cup servings.

**Nutritional Analysis:** 240 calories, 10 g fat, 4 g saturated fat, 20 mg cholesterol, 840 mg sodium, 20 g carbohydrate, 6 g fiber, 7 g sugars, 17 g protein.

## Kentucky Zucchini

**SEASON:** June through October

**NUTRITION FACTS:** Squash is low in calories, with the raw vegetable containing only 20 calories per cup. It contains vitamins A and C and is naturally free of fat, cholesterol and sodium.

**SELECTION:** Popular summer squashes include yellow crookneck, yellow straight-neck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested when 6 to 8 inches in length. Patty pan squash are best when they are 3 to 4 inches

or less in diameter.

**STORAGE:** Harvest and place unwashed in plastic bags. Store squash in the crisper drawer of the refrigerator. Wash the squash just before preparation. The storage life of summer squash is brief; use within two to three days.

**PREPARATION:** Summer squash is a mild-flavored vegetable that combines well with herbs and seasonings. Try it with basil, allspice, rosemary and marjoram. Cook summer squash as a vegetable or use in stews, casseroles and main dishes. Summer squash can be eaten raw, grilled, steamed, sautéed, fried or used in stir fry recipes.

### KENTUCKY ZUCCHINI

#### Kentucky Proud Project

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