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# Squash

*Dakota: Wagmu*

*Lakota: wagmú*

- Winter squash have hard skin and fleshy insides, should be heavy, free of spots.
- Refrigerate summer squash unrinsed in a plastic bag. Use within 2-3 days.
- Some summer squash is eaten raw with dip or in salad.
- Cook by steaming, sautéing, grilling, microwaving, baking. Add to stir fry, soup, casseroles. Bake in bread, cakes and pies.
- Cut winter squash in half and remove seeds. Cook until it pierced easily with a fork; 30 minutes or more.

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## Zucchini Carrot Bread

### Ingredients

- 1 ½ cups all-purpose flour
- 1 cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¼ teaspoon ground ginger
- 1 egg, lightly beaten
- ½ cup canola oil
- 1 cup grated zucchini
- ½ cup grated carrots
- ½ cup chopped walnuts or pecans

### Directions

Stir together dry ingredients. In another bowl, beat egg; add oil, zucchini and carrots. Mix well. Add zucchini mixture nuts to flour mixture. Stir until all flour is blended. Scrape into a well-greased 9-inch bread pan. Bake at 375 degrees F for 50 minutes. Remove from oven. Cool in the pan 5 minutes, and then turn out onto a plate.

Yields one 9-inch loaf

Nutrition Facts per Serving:  
Calories 270; Fat 1g; Sodium 20mg; Carbohydrates 33g; Fiber 1g;  
Sugars 19g; Protein 3g

Sources: <http://urbanext.illinois.edu/veggies/squash.cfm>

## Three Sisters Salad

### Ingredients

- 1 – 15 oz. can low-sodium or no salt added beans such as black, kidney, or garbanzo beans
- 1 – 11 oz. can corn with red and green peppers drained or 1-cup fresh or frozen corn, thawed
- 1 small zucchini chopped
- 1 Tablespoon chopped cilantro
- 2 Tablespoons lime juice about ½ lime
- 1 Jalapeno seeds removed and finely chopped (optional)

### Directions

Open the can of beans. Drain and rinse beans and pour into a medium bowl. Add corn, zucchini, cilantro, lime juice, and jalapeno. Stir to combine. Serve right away or refrigerate for later.

Yields 4 servings.

Nutrition Facts per Serving:  
Calories 220, Fat 16g; Sodium 331mg; Carbs 43g; Fiber 13g; Sugars 16g; Protein 11g

Sources: <https://eatfresh.org/recipe/main-dish-side-dish-salads/three-sisters-salad#.XRsUZ-hKhPY>