Directions
1. Heat the oil in a heavy nonstick skillet over medium heat.
2. Sauté summer squash, beans and corn 2 min.
3. Add tomatoes, chilies and pepper to taste. Cover skillet and simmer 5-6 mins. or until squash is tender.
4. Remove from heat. Stir in cilantro or parsley and serve.

Nutrients Per Serving
Calories: 131 • Percent Calories from Fat: 25% (4.2g) • Sodium: 197mg • Cholesterol: 8mg

Recipe from the Manataka American Indian Council and the Oneida Indian Nation. For more Native American recipes, visit www.manataka.org
**PRODUCE POINTERS**

**Summer Squash**

**Selection**
- Choose squash that are firm and fairly heavy for their size, otherwise they may be dry and cottony inside.
- Look for squash that have bright, glossy exteriors.
- Avoid buying squash with nicks, bruises or soft spots on their skins.

**Storage**
- Place summer squash in plastic bags and store in the refrigerator.
- Fresh summer squash should keep for up to a week.

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**Independence Day Table**

Serve red, white and blue fruits and vegetables on the fourth of July. Ask your kids to make a list of red, white or blue vegetables to eat at your family meal on the fourth of July. Ask your child which of the fruits and vegetables on the list is in season. Decide which fruits and vegetables you will serve and add them to your grocery list. Here are some ideas:

**RED**
- Strawberries
- Red cabbage
- Beets
- Radishes

**WHITE**
- Summer squash (the inside is white!)
- Turnips
- Cauliflower
- Garlic

**BLUE**
- Blueberries
- Eggplant

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**GET MOVING!**

- There’s no better time than summer to enjoy the great outdoors.
- Take a hike through a park or along a nature trail to discover local wildlife.
- Swim in your community swimming pool or a public outdoor swimming hole.
- Run through the sprinkler or use a slip and slide.
- Check your local newspaper for outdoor community events that involve physical activity.

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**Read a Book Together**

*Growing Vegetable Soup* by Lois Ehlert relates the story of a father and child who plant a vegetable garden and harvest it in order to make vegetable soup. For ages 4–8 years.

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**Living and Eating Green**

- Meat is a resource-intensive food. Eating less meat helps the environment and your health.
- Make one day a week a meatless day.
- Find recipes and more information at www.meatlessmonday.com

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**FIND OUT MORE:** Visit Oregon Department of Education Child Nutrition Programs at [www.ode.state.or.us/services/nutrition](http://www.ode.state.or.us/services/nutrition) Look for Oregon Farm To School and School Garden Program under Associated Topics.