

Healthy Eating on a Budget

There is a myth that buying food fresh is always more expensive than buying it canned or frozen. This is not always true, especially when a particular food item is in-season. **Buying in-season** means buying a food item fresh during the time of the season when it is harvested in that local area. When a food is harvested in your local area, the food can be sold at a lower cost because there is less transportation and labor expenses involved in getting it to you. To buy in-season, sometimes requiring learning to cook and like new things. Today's feature:

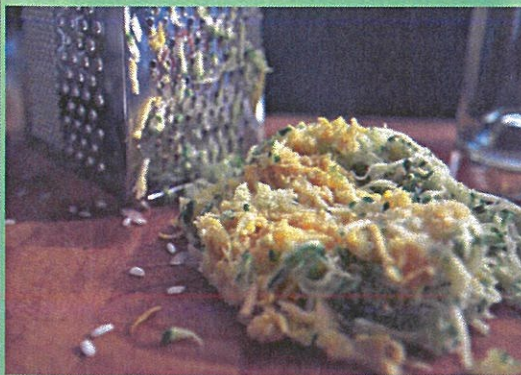
Summer Squash!

Make Summer Squash into Spaghetti

With a regular peeler



With a grater



How to cook it

Saute

Heat olive oil in a pan, add the squash in slices or spaghetti style, cook on medium-high heat until reached desired tenderness. Can cook until really soft or cook less to retain some crunch.



Raw

Cut into slices or spaghetti style and moisten with olive oil, lemon juice, cider vinegar, or any dressing. Use to make refreshing salads.

Steam

Works better with sliced style. Add just enough water for a steady boil and a pinch of salt. When boiling, add squash. Cook for about 3 minutes until tender.

Summer Squash Salad Recipe

Ingredients

Summer squash
(washed and cut spaghetti style)
Tomatoes
Canned Cannellini Beans, drained
Feta Cheese
¼ cup lemon juice
3 tbsp olive oil
½ tsp dried basil
¼ tsp dried thyme
¼ tsp dried garlic powder
Dash of salt and pepper

Directions

1. Add squash, tomatoes, beans, and feta cheese in appropriate size bowl. Amounts of these items are up to you
2. In a separate bowl, whisk together the remaining ingredients.
3. Pour the dressing over the squash medley
4. Serve raw and chilled!