

Pantry Recipes

Easy, nutritional, and delicious recipes using basic items often found in the St. Michaels Community Center's pantry.

Summer Squash

Servings: 6 | Serving Size: 3/4 Cup
Calories: Per Serving 140

Ingredients:

- 1/3 Cup olive oil
- 4 cloves of garlic, crushed
- 1/3 teaspoon crushed red pepper
- 1 lb summer squash, cut into 1/2 inch pieces
- 1 Tablespoon chopped fresh oregano, dried can be used also
- 1/2 teaspoon salt

Directions:

1. Heat oil and crushed red pepper
2. In large skillet over med high heat 2-4 min.
Add squash and cook, stirring occasionally until tender, 12 -16 minutes. Stir in oregano and salt

Did You Know?

Summer and winter squashes are related to melons like honeydew and watermelon. Summer squash has thin skins and can be eaten whole--skin, seeds, and all. Winter squash like pumpkin and butternut squash have skins that aren't usually edible and their seeds generally need to be removed before eating.



Nutrition Facts	
6 Servings	
Serving Size - 3/4 cup (6oz)	
Amount per serving	
Calories	140
% Daily Value (DV)*	
Total Fat 13g	4%
Saturated Fat 2g	9%
Sodium 202mg	9%
Dietary Fiber 2g	2%
Total Sugars 3g	6%
Protein 2g	3%
Potassium 408mg	9%
Magnesium 28mg	7%
Calcium 30mg	2%
Folate 40mg	10%
Iron 1mg	3%
Vitamin A 347mg	7%
Vitamin C 28mg	31%

*The % Daily Value (DV) tells you how much a nutrient in a serving of foods contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.



Executive Chef Kerri Clear
St. Michaels Community Center



The St. Michaels Community Center's mission is to serve, empower, and connect the community, with year-round programs and activities.

Community Cafe and Pantry Hours:

Mondays, 4-6 p.m., Wednesdays and Fridays 1-3 p.m.