



SLICE UP SUMMER SQUASH



Nutritious • Delicious • Wisconsin!



For more information,
visit FoodWise at
go.wisc.edu/foodwise

Facebook
[@foodwiseUWEX](https://www.facebook.com/foodwiseUWEX)

Follow and share using
[#WIHarvestoftheMonth](https://twitter.com/WIHarvestoftheMonth)

Slice up summer squash at home!

Kid Approved Zucchini Mini Pizzas

- Slice zucchini into ¼ inch rounds and brush with olive oil.
- Bake at 400°F for 5 minutes.
- Top with sauce and your favorite pizza toppings.
- Bake until zucchini is tender and cheese is melted, about 10 minutes.

Kids in the Kitchen! Kids can:

- Grate squash for zucchini bread.
- Make squash ribbons by shaving with a vegetable peeler.
- Decorate zucchini mini pizzas.

Kids like to try food they help make. Kids also learn about fruits and vegetables when they explore using their five senses. Ask kids to look at, smell, touch, listen, and taste summer squash. It's a great way to encourage your child to eat fruits and vegetables.

Make meals and memories together. It's a lesson kids will use for life.



The University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law. FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program– SNAP and Expanded Food and Nutrition Education Program - EFNEP.