

Shopping list for Summer Squash Demonstration

Below are the minimum amounts needed to prepare the recipes as written for the demonstrations. These recipes generally are scaled for 4-6 full sized servings. Figure that a serving might be 3-4 samples for taste testing. Therefore, this shopping list will buy the food needed to provide samples to 12-24 people. If you anticipate seeing more than that number of people, scale the shopping list accordingly.

Squash Shopping List

- 1 spaghetti squash (about 3 pounds)
- 4 medium yellow summer squash
- 2 medium zucchini
- 2 cloves garlic
- 1 small onion
- $\frac{3}{4}$ cup milk
- 1 egg
- $\frac{3}{4}$ cup parmesan cheese
- 1 cup tomato sauce
- 2 cups bran cereal
- 1 $\frac{1}{2}$ cup unbleached flour
- $\frac{1}{2}$ cup sugar
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ginger
- $\frac{1}{2}$ cup olive oil
- 1 teaspoons dried oregano
- 2 tablespoons butter
- Salt
- Pepper