

FOOD FACTS

Yellow Squash



NUTRITION

- One medium yellow squash has only 32 calories
- You probably hear a lot about calories. Calorie is a term used to describe the energy content of food. Calories aren't bad for you. Your body needs them to function but eating too many calories-and not burning them through physical activity- can lead to weight gain. It is important for everyone to eat foods that are high in vitamin and minerals and low in calories (like fruits and vegetables) to keep us at our best health.

DYK

- The Yellow Squash is also called Summer Squash, are squashes that are harvested when immature, while the rind (skin) is still tender and edible.
- Yellow Squash is high in vitamin A, B6, and folate, magnesium and fiber.
- This vegetable can be eaten raw or cooked, just like zucchini.

PREPARATION & STORAGE

- Don't wash yellow squash until you use it the zucchini last longer with its natural coating
- Mix yellow squash with zucchini, tomatoes and onion with a vinaigrette to make a delicious pickle salad.

Roasted Summer Squash

Ingredients:

- 1 pound summer squash medium size
- 1 tablespoon olive oil
- 2 tablespoons parmesan cheese
- 1 tablespoon panko bread crumbs
- 1 teaspoon lemon pepper seasoning
- ½ teaspoon paprika
- ½ teaspoon kosher salt

Instructions:

Preheat oven to 400°F. Cut squash into ½" slices. Toss with olive oil. Combine remaining ingredients in a small bowl and toss with squash. Place squash on a baking pan and roast 12-14 minutes or until squash is tender. Broil 1-2 minutes or until crumbs are lightly browned.

