

# YELLOW SQUASH



GREATER  
CHICAGO  
- FOOD -  
DEPOSITORY.

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## CHARACTERISTICS

- Yellow squash are a type of summer squash like zucchini.
- Squash are technically fruits but are usually prepared in savory dishes like a vegetable.
- Select firm yellow squash without dents or bruises. Larger squash will be more fibrous, so select smaller, skinnier squash.
- 1 cup of sliced raw yellow squash contains:
  - 32% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy.
  - 12% of your recommended daily value of vitamin B12 to help the body make proteins and red blood cells.



## PREPARE

Wash squash and cut off ends before eating. The peel is edible and mild. Squash can be eaten raw or cooked.

Try yellow squash:

- *Baked* into your favorite desserts for extra moisture
- *Sliced* thinly (raw) and used as a wrap
- *Sautéed or grilled* with other vegetables
- *Blended* with plain yogurt and herbs to make a spread

## STORE

- Refrigerate in a plastic bag or container for 3-5 days.
- To freeze: cut squash into bite sized pieces. Place in a pot of boiling water for 3 minutes, remove and place in cold water. Freeze in airtight container or bag for up to 1 year.