

YELLOW SQUASH

Scan for videos & resources



**GREATER
CHICAGO**
-FOOD-
DEPOSITORY.

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.
 - 8% of your recommended daily value of vitamin B6 to help maintain skin health.



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.