



Yellow Summer Squash



Nutrition Facts			
Serving Size ½ medium squash (98g)			
Amount Per Serving			
Calories 20	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrate 4g	1%		
Dietary Fiber 2g	8%		
Sugars 2g			
Protein 1g			
Vitamin A 6%	Vitamin C 30%		
Calcium 2%	Iron 2%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Fun Facts:

- * Squash are in the same family as melons and cucumbers!
- * Yes, squash are technically fruit!
- * Archeological evidence suggests that squash may have been first cultivated 8-10,000 years ago in Mesoamerica!
- * Squash were one of the "Three Sisters" planted by Native Americans as one of the three main indigenous plants used for agriculture.
- * Summer squash, such as yellow crookneck squash, are actually immature fruit from winter varieties! They would get much bigger if left to!



Varieties: Summer Squash, sometimes referred to as zucchini, are available in green, light green and yellow forms. Most are small and tender and are similar to cucumbers in shape and size. The most common form of yellow summer squash found in supermarkets, is the crookneck squash but yellow zucchini are also available, when in season!

Selection: Look for firm, shiny squash with no bruises or blemishes. Choose squash that shows pure white inner flesh where cut at stem. Choose small squash, under 8", for sweeter, more tender results.

Storage and Handling: Yellow squash should be consumed as quickly as possible for best results! Up to 3 days. Store yellow squash tightly wrapped, in the middle of your refrigerator to prevent chill damage.

Nutritional Benefits: All summer squash are low in calories. They are fat, sodium and cholesterol free, and offer a high source of Potassium and Vitamin C, plus Vitamin A, folate and Manganese!

Easy Ways To Enjoy Yellow Squash

- * Yellow squash can be enjoyed raw or cooked!
- * Raw, yellow squash can be cut into sticks and dipped into dressing, much like cucumber. It can also be sliced and tossed into lettuce salads. Dress with vinaigrette and allow to marinate for a super squash salad!
- * Cooked, yellow squash makes for an excellent side dish. Simply slice and or cut into ribbons and sauté with olive oil, onions, garlic and basil!
- * Add to lasagna and other pasta dishes, slice onto pizzas, dice for adding to soups, stews....
- * Yellow squash are excellent stuffed with meat, cheese or bread crumb type fillings and baked!

