



Zucchini and Yellow Squash

3 Prep and cooking tips

- Enjoy either squash raw, steamed, roasted, or grilled.
- Cut into long spears, toss with olive oil, garlic, and some parmesan cheese as an alternative to fries. Roast at 400°F for 20 to 30 minutes.
- Create a quick shredded salad by peeling the entire squash, skin and all, along with a few carrots, and tossing with an olive oil-based dressing.

2 Shopping and storage

- Look for squash that is firm with shiny, clean skin.
- For maximum freshness, store in the refrigerator up to 7 days and rinse just before using.

1 Nutrition Fact:

- Summer squash are a good source of vitamin C and fiber. Vitamin C is important for healthy skin and fights infection.

Go!

**Scan the QR code
to learn more:**

