

# Summer Squash



**Nutritious and Versatile!**  
**¡Saludable y Versátil!**

# Why are Summer Squash so good to eat?

- \* **Nutritious and low in calories. Inexpensive and easy to prepare.**
- \* **Many ways to cook with them. Tastes great cooked with almost every vegetable and mixed into many different dishes.**  
**Summer squash can be eaten raw.**
- \* **Many varieties besides yellow squash and zucchini. Always fresh picked and brought directly to market. Get value for your money.**
- \* **Do not peel summer squash – the peel is soft and edible—the peel contains most of the nutrients!**
- \* **Summer squash have a softer skin than winter squash so refrigerate them when you get home!**

## How do you cook Summer Squash?

Squash can be added to many different dishes—eggs and omlettes, quiches, soufflés, soups, stews, salads, sautés

**Try grilling. You can even eat them raw, so add to every salad.**

**Very versatile! – Relatively mild flavor means they mix well in other dishes. Try mixing them with onions, peppers, garlic.**

**Add to desserts like zucchini breads and muffins.**

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**Summer Squash has no fat and cholesterol**, with moderate protein content and dietary fiber. In half a cup of sliced summer squash, there are 2 grams of carbs, 1 gram of protein, and 2% of your daily value of dietary fiber.

**Good source of vitamins:** one serving (1/2 cup) of sliced summer squash provides 15% of your daily value of vitamin C.

**Good source of minerals:** One serving (1/2 cup) of sliced summer squash provides 7% of the daily recommended value of magnesium, 8% of potassium, 7% of copper, and 10% of manganese,.

**Good source of fiber to help maintain healthy digestion and bowels**