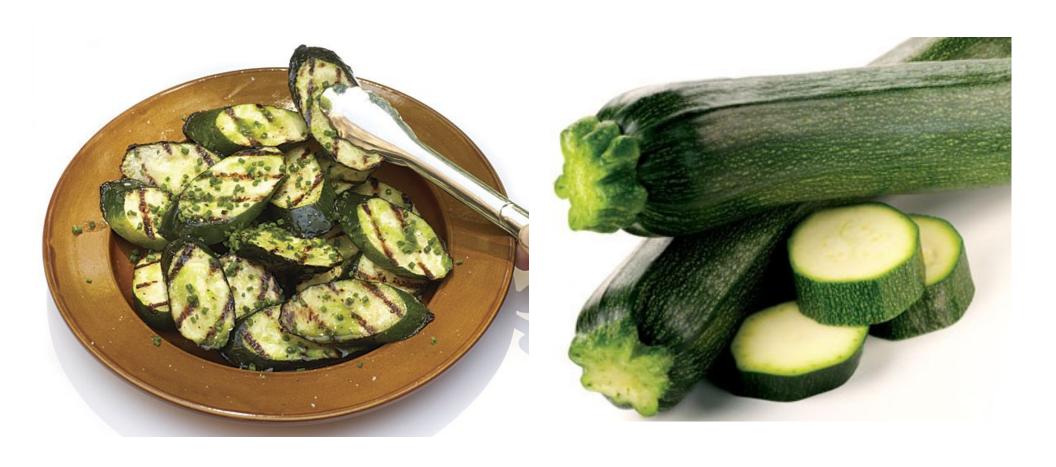
## Summer Squash





Nutritious and Versatile! iSaludable 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.
- \* <u>Do not peel</u> 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, soufflées, soups, stews, salads, sautés

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

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

Add to desserts like zucchini breads and muffins.

**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