

Yellow Squash

Benefits of yellow squash:

- Low in calories
- High in vitamin C & A
- High in fiber

When are they in season?

- Harvested during July through September in Wisconsin.

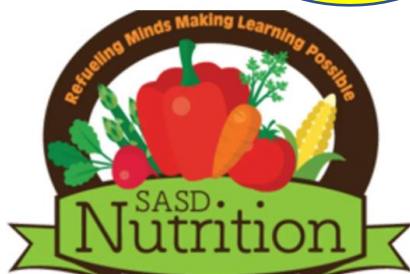
Food Safety for yellow squash

Check for existing mold.

Store yellow squash in the refrigerator. Do not wash before storing in refrigerator.

Separate yellow squash from meat. Use different cutting boards for meats and fruits.

Did you know... Even though squash is often cooked today, it gets its name from native American word "askutasquash" that translate into "something eaten raw."



Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>
Storing Zucchini and Yellow Squash. (n.d.). Retrieved January 14, 2021, from <https://www.baloianfarms.com/index.php/recipes/storage-tips/storing-zucchini-squash#:~:text=If%20storing%20yellow%20squash%20or,in%20the%20vegetable%20crisper%20drawer.>
Skaggs, S., Skaggs, A., Author., Lawdida, Gillogly, M., Pam, & Carolyn. (2020, June 16). Baked Parmesan Yellow Squash Rounds. Retrieved January 14, 2021, from <https://www.fivehearthome.com/baked-parmesan-yellow-squash->

Elena Garcia, UWGB Dietetic Intern: January 2021

Baked parmesan yellow squash rounds serves 2-4.

Ingredients

- 2 medium-sized yellow squash
- ¼ teaspoon garlic salt
- ¼ teaspoon black pepper
- ½ cup freshly grated parmesan cheese

Directions

- Preheat oven to 425 degrees.
- Line baking sheet with foil
- Wash and dry the squash, then cut each one into ¼ inch thick slices. Arrange the squash round on the prepared pan, with little to no space between them
- Lightly sprinkle the squash with garlic, salt, and black pepper.
- Use a small spoon to spread a thin layer of parmesan cheese on each slice of squash.
- Bake for 15-20 minutes or until the parmesan melts and turns a light golden brown.
- Serve.



Other Ideas:

- Spaghetti squash
- Add it to stir-fry
- Yellow summer squash casserole