

Yellow Squash

Selection - Choose firm yellow squash with shiny skin, free from soft spots, cuts or bruises.

Storage - Store unwashed in the refrigerator. Make sure to wash before eating (stays fresh for 4-5 days).

Nutrition - Potassium, a mineral your body needs, in yellow squash supports heart health.

3 EASY WAYS TO USE YELLOW SQUASH

- To saute yellow squash, heat oil in pan and add in diced squash and zucchini. Cook for 3 minutes. Add garlic and cherry tomatoes (cut in half) and cook 3 more minutes. Season with salt, pepper, red pepper flakes and Parmesan cheese.
- To make squash boats, slice squash in half, end to end, and scoop out the inside seeds. Fill with cooked ground beef or turkey and tomato sauce, sprinkle with cheese, and cook at 400 degrees for 20-25 minutes.
- To make a vegetable quiche (egg pie), pan cook diced yellow squash, zucchini and bell peppers in oil for about 6-7 minutes. Put vegetables into greased pie pan. Whisk eggs, milk, salt and pepper in a bowl. Pour egg mix over vegetables. Sprinkle with cheese. Bake at 350 degrees for about 45 minutes.



Ingredients

- 4 cups yellow squash, thinly sliced
- 1/2 cup onion, sliced
- 2 tablespoons water or broth
- 1 tablespoon butter or margarine
- 1 teaspoon Italian spice mix
- Salt and pepper
- 3 tablespoons Parmesan cheese (grated)

Directions

1. Wash and slice vegetables. Place zucchini, onion, water, butter, Italian spice mix, salt and pepper in a frying pan. Cover and cook over medium heat for 1 minute.
2. Remove cover and cook until crisp-tender, about 10 minutes.
3. Turn with large spoon to cook evenly.
4. Sprinkle with cheese; toss lightly.

