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# YELLOW SQUASH

Yellow squash is a vegetable that can be enjoyed many ways. It can be grilled, roasted, sautéed, used as a healthy ingredient in other recipes,



and even enjoyed raw. Yellow squash is in the pumpkin family, and varieties include straight neck and crook neck.

Check out these healthful tips and recipes to add some yellow squash to your family's diet!

## GROW

- ▶ Yellow squash is very easy to maintain in a home garden during the warmer months.
- ▶ You can plant yellow squash seeds starting in late March. Yellow squash can be harvested from May until October.
- ▶ Grow yellow squash in a sunny area. They are best picked when small to medium in size. The younger this vegetable is, the more flavor it will have.

## STORE

- ▶ Yellow squash is best stored in the refrigerator. It will keep for 5 to 7 days. Yellow squash freezes well, so you can enjoy it any time of the year.

## PREPARE

- ▶ Do not peel yellow squash.
- ▶ Be sure to wash it in cool water and gently scrub as needed.
- ▶ When preparing yellow squash, cut off both ends. You can chop, slice, dice, or cut it into wedges.



FUN WITH FOOD

## CHILDREN CAN HELP

Children can help with gardening by planting yellow squash seeds, watering plants, and then picking when it is time to harvest.

In the kitchen, younger children can help with rinsing and storing. Older children can slice, chop, dice, and cook with supervision. You can chop or slice yellow squash quickly and easily and enjoy it raw with low-fat dips or roasted for dinner.





## ROASTED YELLOW SQUASH OR ZUCCHINI

### INGREDIENTS

- 1¼ pounds yellow squash or zucchini
- 2 teaspoons oil
- ¼ teaspoon garlic powder
- ¼ teaspoon dried oregano
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper



### DIRECTIONS

1. Preheat the oven to 400°F.
2. Wash your hands well with soap and warm water for 20 seconds.
3. Line a large pan or cookie sheet with aluminum foil. Set it aside.
4. Wash the squash. Trim ends and cut in half lengthwise. Then cut into half-moon pieces about ½-inch thick.
5. Put the squash pieces into a large plastic storage bag.
6. Add the oil, garlic powder, oregano, salt, and pepper. Shake the bag until the pieces are coated with oil and spices.
7. Place the pieces on the pan lined with foil. Spread them out into an even layer.
8. Put the pan in the oven. Bake for about 20 minutes. When the squash pieces are light brown and tender, but still a little crisp, they are done.
9. Refrigerate leftovers within 2 hours.

### LEARN MORE:

► To learn more about cutting, freezing, storing, and roasting yellow squash, visit [HappyHealthy.MS](http://HappyHealthy.MS) and click on Tips and Videos.

- Chop, Slice, Dice, Mince, Peel, and Crush
- How to Freeze Fresh Fruits and Vegetables
- How to Store Fruits and Vegetables
- Roast Vegetables