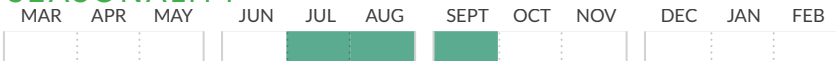


# Summer Squash & Zucchini



## SEASONALITY



## NUTRITIONAL PROPERTIES

Both green and yellow summer squashes are good sources of fiber, vitamin C, calcium, and potassium. Yellow squashes are particularly high in Vitamin A. Green squashes are particularly high in Vitamin K.

## STORAGE

Store within the refrigerator within the crisper drawer. Summer squashes last for 4-6 days.

## PRESERVATION

Summer squash does not freeze well. However, it can be dehydrated using a dehydrator.

## HOW TO PREPARE

1. Chop or slice the squash or zucchini.
2. Heat a skillet to medium high heat with a tablespoon of oil.
3. Add the squash or zucchini to the hot pan, stirring occasionally.
4. Sauté for 10-15 minutes until tender.

Summer squash and zucchini can be grilled, sautéed, roasted, and fried. The veggie can added to stir fries, pastas, salads, or eaten as a side.

## RECIPES FROM HDFFA

*with summer squash*

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- Three Sisters Fritters
- Summer Spaghetti & Crispy Broccoli

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)  
OR SCAN CODE TO FIND OUR RECIPES

