

Summer Squash

Taste!
York Fresh Food Farms

Grown by us. Prepared by YOU.

Summer Squash are high vitamin C and B6, and a great low-carb option for those living with diabetes. Eat the outside to get the most nutrients!

- CHOLESTEROL-FREE
- LOW-SODIUM
- LOW CALORIE

CHOOSE: Look for squash that are firm and shiny. The squash shouldn't have any cuts or soft spots. Smaller squash are usually tender and tastier.

STORE: Keep summer squash in a plastic bag in the refrigerator. It will stay fresh for about a week.

PREPARE: Wash the squash well under running water. Cut off the ends. The squash can be sliced, diced, or cut into half-moons.

EAT: Cut into sticks and eat raw with dip.

Saute: Slice the squash and cook it in a pan with a little olive oil, garlic, and herbs until it's soft and slightly browned.

Grill: Cut the squash into thick slices or wedges, brush them with olive oil and a little salt and pepper, and grill over medium heat until they are tender and have grill marks.

Soup: Chop the squash and simmer it in broth with onions and herbs until everything is soft. Blend it to make a creamy soup.

0.4g

FAT

32

CALORIES

2.4g

PROTEIN

2.2g

FIBER

7g

CARBS

*Per 1 medium-sized squash

Roasted Summer Squash

INGREDIENTS:

- 1 pound summer squash (about 2 medium)
- 1 tablespoon olive oil
- 2 tablespoons parmesan cheese grated
- 1 tablespoon panko bread crumbs
- 1 teaspoon lemon pepper seasoning
- ½ teaspoon paprika
- ½ teaspoon kosher salt or to taste

INSTRUCTIONS:

- 1 Preheat oven to 400°F.
- 2 Cut squash into ½" slices. Toss with olive oil.
- 3 Combine remaining ingredients in a small bowl and toss with squash.
- 4 Place squash on a baking pan and roast 12-14 minutes or until squash is tender.
- 5 Broil 1-2 minutes or until crumbs are lightly browned.

