

Summer Squash

Storage

Store unwashed and uncut in refrigerator crisper drawer for up to 4 days.



Preparation

Wash well in cold water then cut off both ends and cut to desired size. You can boil, roast, steam, grill, saute, and stir-fry summer squash. Slice it thin or grate it and eat it raw on salads and sandwiches, or cut into sticks and eat with dip for a snack.

Nutrition

Summer squash is a good source of vitamin C and manganese which helps protect eyes against cataracts. The nutrients in summer squash also help with blood sugar and reduce the risk of type 2 diabetes. Summer squash also has antioxidant benefits that help reduce the risk of cancer and support a healthy prostate.