

Yellow Squash

What is Yellow Squash?

- Yellow squash is a great, nutritious vegetable that is high in Vitamin C, Vitamin B-6, and Potassium.
- It is low carb, low calorie, and a medium sized squash has 2.2g of fiber.



How to Prepare Yellow Squash

- **Roasted/Baked:** Cut in half, slice or cut into pieces. Brush with olive oil and season with salt. Bake at 400-degrees for 20-25 minutes or until tender. Throw some other veggies on there to make a delicious roasted vegetable medley.
- **Sautéed:** Slice or cut into smaller pieces and sauté in butter over medium-high heat for 10-15 minutes or until tender. Season with salt or seasoning (see ideas below).
- **Grilled:** Cut into thick slices or wedges. Brush with vegetable oil and grill for 5 minutes per side or until tender. Season with salt with each turn.
- **Air Fried:** Brush with olive oil and sprinkle with salt. Air fry at 375-degrees for 8 minutes, flipping half-way through. Season more after flipping if needed.

Healthy Summer Squash Casserole

Ingredients:

- 2 lbs. zucchini and yellow squash
- 2 ½ Tbsp. olive oil
- 1 ¼ tsp. salt divided
- ½ tsp. pepper
- ⅓ cup Grated Parmesan cheese
- ⅓ cup Panko breadcrumbs
- ¼ tsp. garlic powder
- 2 Tbsp. fresh parsley finely chopped



1. Preheat oven to 350 degrees.
2. Cut yellow squash and zucchini into thin, ¼-inch slices.
3. Sprinkle ½ teaspoon salt over the zucchini and squash slices. Let sit for 10 minutes and then dab to remove excess moisture with a paper towel.
4. Spray a 9-inch square baking dish with non-stick cooking spray.
5. Alternatively, overlap the zucchini and squash in a row. You should be able to form 4 rows.
6. Drizzle olive oil over the zucchini and squash and then sprinkle with salt and pepper.
7. In a small bowl combine Parmesan cheese, breadcrumbs, and garlic powder. Toss to combine and then sprinkle over the zucchini and squash.
8. Cover baking dish with aluminum foil and bake in preheated oven for 30 minutes.
9. Remove foil and turn heat to a High broil. Broil for an additional 5-7 minutes, or until breadcrumb topping starts to turn a golden brown.
10. Serve immediately with fresh parsley and enjoy!