Summer squash can be served with other vegetables as part of a vegetable platter with dips, in salads, grilled, broiled, steamed, stir-fried, deep-fried, boiled, baked or stuffed. It goes well with any dish because of its mild flavor, unique texture and bright yellow color.

Summer squash is nutritious because it is very low in calories and high in fiber. One cup of squash has as much potassium as a banana, and it also has a very important mineral nutrient called phosphorus.

Did you know?
A squash is one of the oldest known crops. It was grown in Mexico over 10,000 years ago!