



MyPlate suggests  
making half your plate  
fruits and vegetables.

<http://www.choosemyplate.gov/>

# Yellow Squash

Did you know?

One serving of yellow squash is only 18 calories!

Yellow squash is an excellent source of Vitamin C.

Yellow squash is also a good source of Vitamin B<sub>6</sub>.

## Fun Fact!

Yellow squash is one of many different types of squash.

## FIGHTBAC!

**Clean:** Wash hands  
and Surfaces Often

**Separate:** Don't  
Cross-Contaminate

**Cook:** Cook to Proper  
Temperatures

**Chill:** Refrigerate  
Promptly

<http://www.fightbac.org/>

## What am I looking for?

- Look for squash that is tender but firm.
- Squash should be heavy in relation to size and look fresh.
- Avoid squash with a dull appearance.
- Avoid over mature squash with a hard or tough surface.

## Mixed Vegetable Casserole

1 cup fresh broccoli florets  
 1 cup fresh asparagus  
 1 cup fresh baby spinach  
 1 cup fresh summer squash, sliced  
 1/3 cup green onion, chopped  
 1 can low fat cream of mushroom soup  
 1/2 cup of water  
 1 Tablespoon fresh basil  
 1 Tablespoon fresh oregano  
 Salt and pepper to taste.

Preparation Time: 10 minutes  
 Cook Time: 30 minutes  
 Serves: 6

**Nutrition Facts:**  
 Calories: 45  
 Total Fat: 1 g  
 Cholesterol: 2 mg  
 Sodium: 483 mg  
 Total Carbohydrate: 7 g  
 Protein: 2 g

Preheat oven to 350 degrees. Coat a 2-quart baking dish with fat free cooking spray. Layer broccoli, asparagus, spinach, squash, and onions in the dish. In a small bowl, mix together soup, water, oregano, basil, salt, and pepper. Pour over vegetables. Cover with foil and bake until is tender (approximately 30 minutes). Serve immediately.

<http://healthyliving.tamu.edu/recipes>

Find these fruits and vegetables in the word search below:

Swiss Chard  
 Grape Tomato

Sugar Snap Pea  
 New Potato

Bell Pepper  
 Summer Squash

A	C	E	D	S	R	T	D	N	P	L	E	Y
R	I	P	B	E	L	L	P	E	P	P	E	R
N	W	Z	C	O	D	M	M	E	T	L	O	C
S	X	W	B	T	S	W	O	L	E	R	V	M
U	U	A	D	Z	B	U	N	I	M	K	L	O
M	I	G	R	A	P	E	T	O	M	A	T	O
M	G	R	A	T	Y	F	B	J	Q	O	E	L
E	R	C	H	R	V	Z	M	U	E	T	R	S
R	E	P	C	L	S	F	R	E	B	A	A	D
S	T	W	S	I	O	N	L	E	V	T	H	I
Q	P	U	S	N	V	G	A	R	T	O	T	X
A	L	R	I	F	B	E	B	P	Z	P	A	V
S	W	O	W	X	V	R	T	H	I	W	A	W
H	I	C	S	D	T	R	S	L	H	E	A	Q
F	U	Y	S	Z	V	B	T	H	F	N	A	Z