

# Yellow Squash

Component: Vegetable

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Squash, summer, fresh,  OR  Squash, summer, yellow, frozen	13 lb 12 oz   12 lb 12 oz				<ol style="list-style-type: none"><li>1. For fresh squash, wash under cold running water and cut into ¼-inch slices or diced.</li><li>2. Steam for about 8-10 minutes.</li><li>3. Remove from heat when squash is tender and can be easily cut with a fork. Cut into age appropriate size pieces.</li><li>4. CCP: Cook to a temperature of 135° F or above.</li><li>5. CCP: Hold at 135° F or above.</li><li>6. Drain and serve.</li></ol>

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## Notes:

Nutrients calculated using Food Processor for yellow squash boiled, drained.

**Serving:** ½ cup

1-2 years: 1/8 cup

3-5 years: ¼ cup

6-18 years: ½ cup

## Nutrients Per Serving

<b>Calories</b>	10.41	<b>Saturated Fat</b>	0.31	<b>Iron</b>	0.08 mg
<b>Protein</b>	0.20	<b>Cholesterol</b>	0	<b>Calcium</b>	4.40 mg
<b>Carbohydrate</b>	0.89	<b>Vitamin A-RAE</b>	N/A	<b>Sodium</b>	7.25 mg
<b>Total Fat</b>	0.68	<b>Vitamin C</b>	2.18 mg	<b>Dietary Fiber</b>	N/A