

Grey Squash



- ◆ Grey squash is a summer squash that's like a zucchini but more stocky and has a rounded bottom.
- ◆ It's a pale green color with smooth, shiny skin and has a solid, crisp flesh. The Grey Squash has a buttery texture and a slightly sweet, nutty flavor.
- ◆ Grey Squash are low in calories but contain high amounts of Vitamins A and C, potassium, foliate and niacin.
- ◆ Most of the nutrients are found in the peel, so it's best not to peel the squash.
- ◆ Imported from south of the border, the grey squash is called "calabacita." Other names for the Grey Squash are: Mexican Grey Squash, Middle Eastern or Lebanese. The Grey Squash originated in the Americas.
- ◆ A Grey Squash is actually a fruit because it contains the seeds of the plant.
- ◆ Use a gray squash in the same way as a zucchini.

