winter squash
butternut, buttercup, acorn

select
Choose squash that is heavy for its size.
Avoid squash with soft spots or cracks.

store
Store squash in a cool, dark place.
Butternut squash for up to 1 month.
Buttercup and acorn squash for up to 3 months.

prepare
Rinse squash with water before cutting.
Scrub with a vegetable brush if needed.
Cut into pieces and remove the seeds.
1 pound = 1 cup cooked and pureed squash

baked apples & squash

2 cups squash cubes
2 cups apple cubes
1 tablespoon olive oil or vegetable oil
1/2 teaspoon ground cinnamon
1 tablespoon sugar
1/2 teaspoon salt

step 1 Peel the squash, remove the seeds, and cut into bite size pieces.
step 2 Peel the apples, remove the core, and cut into bite size pieces.
step 3 Combine the squash and apple pieces, oil, cinnamon, sugar and salt together in a bowl. Toss to coat evenly.
step 4 Spread the mixture on a metal baking pan.
step 5 Bake in a 425°F oven for 20 to 30 minutes, or until squash is soft.

Makes 4 servings - One serving (1/2 cup) has 102 calories,
3 grams fat, 203 mg sodium and 25 grams fiber

easy baked squash

step 1 Wash squash, cut into pieces and remove the seeds.
step 2 Place large pieces of squash on a metal baking sheet.
step 3 Bake in a 400°F oven for 45 to 60 minutes or until tender. Tip: remove the cooked squash from the peel.
Mash and season with a little butter, salt and black pepper.

try glazed squash -
after 30 minutes of baking, sprinkle a tiny amount of orange juice, brown sugar and cinnamon on top of squash. Return to oven and bake for 15 to 30 more minutes.